

September 2019

September Jr/Sr High Breakfast Menu

BREAKFAST



Milk Choices:
 Skim White
 Skim Chocolate
 Skim Strawberry
 1% White



Breakfast is the most important meal of the day. Start your day off right by eating school breakfast. We have many options to choose. Eating breakfast has shown student concentrate better, have fewer absences, and have increased energy. Hunger makes school harder for children to learn.



Monday

Tuesday

Wednesday

Thursday

Friday

No School

2

WG Breakfast Bites or Mini Donuts, Muffin, Cereal, Bagel, Pop Tart, Mini Donuts Cereal Bar, Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

3

Biscuits & Gravy or Cinnamon Roll, Muffin, Cereal, Bagel, Pop Tart, Mini Donut Cereal Bar, Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

4

French Toast Sticks, Bacon Hash Brown Patty, Syrup, K Muffin, Cereal, Bagel, Pop Tart Mini Donuts, Cereal Bar, Yogurt or Boiled Egg, 100% Juice, Choices of Fruits, Milk of Choice

5

Breakfast Pizza or Long John, Muffin, Cereal, Bagel, Pop Tart, Mini Donuts, Cereal Bar, Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

6

Biscuits & Gravy, Donut Muffin, Cereal, Bagel, Pop Tart Mini Donuts, Cereal Bar Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

9

Waffles, Sausage Links Syrup, K, Muffin, Cereal, Bagel Pop Tart, Mini Donuts, Cereal Bar Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

10

Breakfast Sandwich, Long John, Cereal, Bagel, Pop Tart Mini Donuts, Cereal Bar, Bagel Muffin, Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

11

Toast, Omelet, Sausage Muffin, Cereal, Bagel, Pop Tart, Mini Donuts, Cereal Bar, Bagel, Yogurt or Boiled Egg 100% Juice, Choices of Fruits, Milk of Choice

12

Breakfast Pizza, Cinnamon Roll, Muffin, Cereal, Bagel, Pop Tarts, Mini Donuts, Cereal Bar, Bagel, Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

13

No School

16

French Toast Sticks, Syrup Sausage Links, Hash Brown, Patty Muffin, Cereal, Bagel, Pop Tart Mini Donuts, Cereal Bar, Yogurt or Boiled Egg, 100% Juice, Choices of Fruits, Milk of Choice

17

Sausage or Bacon Burrito Long John, Muffin, Cereal, Bagel Pop Tart, Mini Donuts, Cereal Bar, Bagel, Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

18

Pancakes, Sausage Patty, Syrup, K, Muffin Cereal, Bagel, Pop Tart, Mini Donuts, Cereal Bar, Yogurt or Boiled Egg, 100% Juice, Choices of Fruits, Milk of Choice

19

Biscuits & Gravy, Donut Muffin, Cereal, Bagel, Pop Tart Cereal Bar, Bagel, Mini Donuts Yogurt or Boiled Egg, 100% Juice Choices of Fruits Milk of Choice

20

Breakfast Sandwich Donut, Muffin, Cereal, Cereal Bar, Bagel, Pop Tart, Mini Donuts, Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

23

Toast, Omelet, Bacon Muffin, Cereal, Cereal Bar Bagel, Pop Tart, Mini Donuts Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

24

Biscuits & Gravy, Cinnamon Roll, Muffin, Cereal, Cereal Bar, Bagel, Pop Tart, Mini Donuts Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

25

Dutch Waffle Bar, Sausage Links, Syrup, K Muffin, Cereal, Cereal Bar, Pop Tart, Mini Donuts, Bagel, Yogurt or Boiled Egg, 100% Juice, Choices of Fruits, Milk of Choice

26

Breakfast Pizza, Long John Muffin, Cereal, Cereal Bar, Pop Tart, Mini Donuts, Bagel Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

27

Breakfast Pizza, Donut Muffin, Cereal, Cereal Bar, Pop Tart, Bagel, Mini Donuts Yogurt or Boiled Egg 100% Juice, Choices of Fruits Milk of Choice

30

