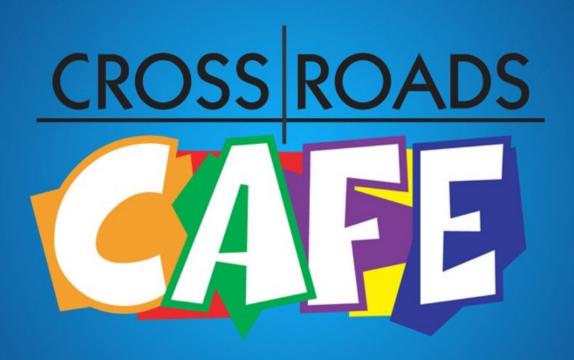
Secondary Breakfast Menu



April 2019

BREAKFAST APRIL MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|---|--|---|---|---|
| 1 st -5 th | SPRING BREAK | SPRING BREAK | SPRING BREAK | SPRING BREAK | SPRING BREAK |
| 8 th -12 th | Egg and Cheese Biscuit V Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V | Strawberries Stuffed Mini Bagels V Smoothie with Graham Crackers V Cereal/Cereal Bars V Muffins/Pop-tarts V | Cheesy Scrambled Eggs and Toast V Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V | Egg and Cheese on a Bagel V Smoothie with Graham Crackers V Cereal/Cereal Bars V Muffins/Pop-tarts V | Breakfast Pizza Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V |
| 15 th -19 th | Sausage English Muffin Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V | Breakfast Pizza Smoothie with Graham Crackers V Cereal/Cereal Bars V Muffins/Pop-tarts V | Biscuit with Jam V Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V | Bacon and Egg English Muffin Colby Cheese Omelet with Toast V Cereal/Cereal Bars V Muffins/Pop-tarts V | No School |
| 22 nd -26 th | Egg and Cheese English MuffinV Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V | Sausage Breakfast Biscuit V Banana Bread with String Cheese V Cereal/Cereal Bars V Muffins/Pop-tarts V | Egg and Cheese Bagel V Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V | Cinni Minis V Smoothie with Graham Crackers V Cereal/Cereal Bars V Muffins/Pop-tarts V | French Toast Bites Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V |
| 29 th -3 rd | Egg and Cheese Biscuit V Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V | Strawberries Stuffed Mini Bagels V Smoothie with Graham Crackers V Cereal/Cereal Bars V Muffins/Pop-tarts V | Cheesy Scrambled Eggs and Toast V Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V | Egg and Cheese on a Bagel V Smoothie with Graham Crackers V Cereal/Cereal Bars V Muffins/Pop-tarts V | Breakfast Pizza Fruit Parfait V Cereal/Cereal Bars V Muffins/Pop-tarts V |

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 1 oz eq grain, 1 cup fruit, and 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a V are vegetarian! Nutritional Information is available upon request.