

## January 2019

### AASD Secondary School Breakfast Menu

Tuesday	1	NO SCHOOL – HAPPY NEW YEAR
Wednesday	2	Breakfast Pizza
Thursday	3	Ham, Egg, and Cheese Croissant
Friday	4	Pancakes with Bacon
Monday	7	Rainbow Glazed Donuts
Tuesday	8	Ham, Egg and Cheese Bagel
Wednesday	9	French Toast Sticks
Thursday	10	Sausage, Egg, and Cheese Sandwich
Friday	11	Waffles with Bacon
Monday	14	Rainbow Glazed Donuts
Tuesday	15	Sausage, Egg and Cheese Bagel
Wednesday	16	Breakfast Pizza
Thursday	17	Ham, Egg, and Cheese Croissant
Friday	18	NO SCHOOL - INSERVICE
Monday	21	NO SCHOOL – MARTIN LUTHER KING DAY
Tuesday	22	Ham, Egg and Cheese Bagel
Wednesday	23	French Toast Sticks
Thursday	24	Sausage, Egg, and Cheese Sandwich
Friday	25	Waffles with Bacon
Monday	28	Rainbow Glazed Donuts
Tuesday	29	Sausage, Egg and Cheese Bagel
Wednesday	30	Breakfast Pizza
Thursday	31	Ham, Egg, and Cheese Croissant

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

**Alternative Breakfast Entrée:** Assorted Cereal with Toast or Assorted Poptarts with Toast.

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**Whole grain cereal selection may include:** Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms and Honey Nut Cheerios.

**What is a Meal?** You must choose at least 3 items. One must be a ½ cup of fruit.

**What is an Item?** Grain, Protein, Choice of Fruit, or Choice of Milk

**Daily fruit selections may include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges, 100% fruit juice.

**Breakfast Prices:** Student \$1.00. Reduced \$0.30. Adult \$2.10.

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