

Secondary Breakfast Menu



January 2019

BREAKFAST



JANUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
7th -11th	Egg and Cheese English Muffin Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Sausage Breakfast Biscuit ✓ Banana Bread with String Cheese ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Egg and Cheese Bagel ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Cinni Minis ✓ Smoothie with Graham Crackers ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	French Toast Bites Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓
14th-18th	Egg and Cheese Biscuit ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Strawberries Stuffed Mini Bagels ✓ Smoothie with Graham Crackers ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Cheesy Scrambled Eggs and Toast ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Egg and Cheese on a Bagel ✓ Smoothie with Graham Crackers ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Breakfast Pizza Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓
21st -25th	MLK Day-No School	Breakfast Pizza Smoothie with Graham Crackers ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Biscuit with Jam ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Bacon and Egg English Muffin Colby Cheese Omelet with Toast ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	No School
28th – 1st	Egg and Cheese English Muffin Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Sausage Breakfast Biscuit ✓ Banana Bread with String Cheese ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Egg and Cheese Bagel ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Cinni Minis ✓ Smoothie with Graham Crackers ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	French Toast Bites Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓

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 ✓ are vegetarian! Nutritional Information is available upon request.