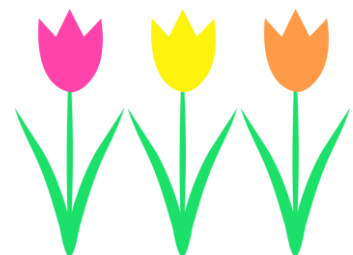


High School Breakfast Menu

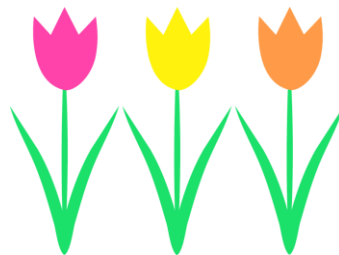
April 2017

Monday	Cal	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Sodium (mg)	Tuesday	Cal	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Sodium (mg)	Wednesday	Cal	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Sodium (mg)	Thursday	Cal	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Sodium (mg)	Friday	Cal	Total Fat (g)	Sat. Fat (g)	Carbs (g)	Sodium (mg)		
4/3						4/4						4/5						4/6						4/7							
Sausage, Breakfast Steak, or Eggs	230	22	7	1	170	Sausage with Biscuit	230	22	7	1	170	Canadian Bacon, Egg & Cheese Biscuit	334	16.8	7.8	32	747	Yogurt w/ Cinnamon	60	0	0	11	50	Breakfast Pizza	190	6	0.5	29	160		
with Biscuit	37	2.6	0.7	1	40	Breakfast Break	250	12	6	31	490	French Toast	200	8	2	25	283	Goldfish Graham	120	4	1	19	110	Breakfast Burrito	455	30	10.8	31	447		
French Toast	250	12	6	31	490	Baked Apples	270	6	1.5	55	350	Banana	200	8	2	25	283	Breakfast Steak with Biscuit	220	17	5	9	360	Orange Smiles	62	0	0	15	0		
Breakfast Pizza	200	8	2	25	283	Assorted 100% Juice	65	0	0	17	12	Assorted 100% Juice	108	0	0	28	0	250	12	6	31	490	Assorted 100% Juice	60	0	0	14	0			
Peach Slices	190	6	0.5	29	160		60	0	0	14	0		60	0	0	14	0	Fresh Apple	55	0	0	14	0								
Assorted 100% Juice	60	0	0	14	0		60	0	0	14	0		60	0	0	14	0	Dried Cranberries	104	0	0	26	0								
Hashbrown	130	7	0.5	15	240		60	0	0	14	0		60	0	0	14	0	Assorted 100% Juice	60	0	0	14	0								
						4/11						4/12						4/13						4/14							
						Sausage Pancake	176	5.9	1.6	22	463	Mini Pancakes	230	7	0.5	41	150	Yogurt with Granola	60	0	0	11	50	No School							
					Breakfast Break	270	6	1.5	55	350	Breakfast Steak with Biscuit	220	17	5	9	360	Canadian Bacon, Egg & Cheese Biscuit	120	3.5	0	20	75									
					Pineapple Tidbits	80	0	0	20	0	Banana	250	12	6	31	490	Peach Slices	60	0	0	14	10									
					Assorted 100% Juice	60	0	0	14	0	Assorted 100% Juice	108	0	0	28	0	Dried Cranberries	104	0	0	26	0									
							60	0	0	14	0		60	0	0	14	0	Assorted 100% Juice	60	0	0	14	0								



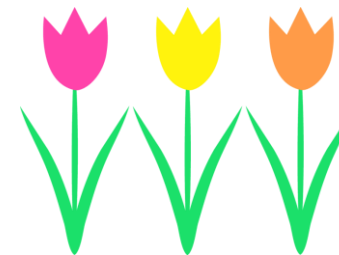
Help yourself to delicious fruits and vegetables!

In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray.



Breakfast Prices:
Elementary Full Pay: \$1.00
Middle/High Full Pay: \$1.15
Approved Reduced: \$0.30
Adults/Visitors: \$1.80

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor.



Choice of Fresh Fruit or 100% Juice, Crisp Side Salad, and a variety of Milk offered each day at Breakfast and Lunch!
"This institution is an equal opportunity provider."

Disclaimer: The nutrition information provided is an estimate of the nutrition content within the menu items, and therefore should be used for general information only. Due to product substitutions and changes, nutrition content may vary. Please contact the cafeteria manager if you need additional information.