

# September 2017 High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice
<b>4</b>  <b>Labor Day</b> <b>No School</b>	<b>5</b> Sausage with Biscuit Breakfast Break Baked Apples Assorted 100% Juice	<b>6</b> Breakfast Chicken with Biscuit Cinnamon Minis Fresh Banana Assorted 100% Juice	<b>7</b> Yogurt with Cinnamon Goldfish Graham Mini Pancakes Fresh Apple Assorted 100% Juice	<b>8</b> Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice
<b>11</b> Sausage, Breakfast Chicken, OR Egg with Biscuit Breakfast Pizza French Toast Applesauce Assorted 100% Juice Hashbrown	<b>12</b> Sausage Pancake Breakfast Break Pineapple Tidbits Assorted 100% Juice	<b>13</b> Mini Pancakes Breakfast Steak with Biscuit Fresh Banana Assorted 100% Juice	<b>14</b> Yogurt with Granola Cheesy Breadstick Peach Slices Assorted 100% Juice	<b>15</b> Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice
<b>18</b> Sausage, Breakfast Chicken, OR Egg with Biscuit Breakfast Pizza French Toast Fruit Cocktail Assorted 100% Juice Hashbrown	<b>19</b> Bacon, Egg, & Cheese Toast Breakfast Break Baked Apples Assorted 100% Juice	<b>20</b> Breakfast Chicken with Biscuit Cinnamon Minis Fresh Banana Assorted 100% Juice	<b>21</b> Yogurt with Cinnamon Goldfish Graham Super Donut Fresh Apple Assorted 100% Juice	<b>22</b> Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice
<b>25</b> Sausage, Breakfast Chicken, OR Egg with Biscuit Breakfast Pizza French Toast Applesauce Assorted 100% Juice Hashbrown	<b>26</b> Sausage Pancake Breakfast Break Pineapple Tidbits Assorted 100% Juice	<b>27</b> Mini Pancakes Breakfast Chicken with Biscuit Fresh Banana Assorted 100% Juice	<b>28</b> Yogurt with Granola Cheesy Breadstick Peach Slices Assorted 100% Juice	<b>29</b> Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice

**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 are offered each day at breakfast and lunch!**

**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.**

**This institution is an equal opportunity provider.**

# September 2017 High School Breakfast Menu Nutrition Information

<b>Monday</b>	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	<b>Tuesday</b>	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	<b>Wednesday</b>	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	<b>Thursday</b>	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	<b>Friday</b>	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
						<b>Disclaimer:</b> 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.		<b>1</b> Breakfast Pizza 210 7 2 27 350 Breakfast Burrito 455 30 11 31 447 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0	
<b>4</b>  <b>Labor Day</b>  <b>No School</b>		<b>5</b> Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Breakfast Break 270 6 1.5 55 350 Baked Apples 80 0 0 20 27 Assorted 100% Juice 60 0 0 14 0	<b>6</b> Breakfast Chicken 96 4 1 7 207 with Biscuit 250 12 6 31 490 Cinnamon Minis 240 8 2 40 300 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	<b>7</b> Yogurt 60 0 0 11 50 with Cinnamon 120 4 1 19 110 Goldfish Graham 220 6 0.5 39 130 Mini Pancakes 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>8</b> Breakfast Pizza 210 7 2 27 350 Breakfast Burrito 455 30 11 31 447 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0				
<b>11</b> Sausage, 230 22 7 1 170 Breakfast Chicken, 96 4 1 7 207 OR Egg 130 9 2.5 2 140 with Biscuit 250 12 6 31 490 Breakfast Pizza 210 7 2 27 350 French Toast 200 8 1.5 25 290 Applesauce 50 0 0 13 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240	<b>12</b> Sausage Pancake 190 8 2 22 478 Breakfast Break 270 6 1.5 55 350 Pineapple Tidbits 80 0 0 20 0 Assorted 100% Juice 60 0 0 14 0	<b>13</b> Mini Pancakes 220 6 0.5 39 130 Breakfast Steak 220 17 5 9 360 with Biscuit 250 12 6 31 490 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	<b>14</b> Yogurt 60 0 0 11 50 with Granola 120 3.5 0 20 75 Cheesy Breadstick 150 6 3 15 240 Peach Slices 60 0 0 10 0 Assorted 100% Juice 60 0 0 14 0	<b>15</b> Breakfast Pizza 210 7 2 27 350 Breakfast Burrito 455 30 11 31 447 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0					
<b>18</b> Sausage, 230 22 7 1 170 Breakfast Chicken, 96 4 1 7 207 OR Egg 130 9 2.5 2 140 with Biscuit 250 12 6 31 490 Breakfast Pizza 210 7 2 27 350 French Toast 200 8 1.5 25 290 Fruit Cocktail 60 0 0 14 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240	<b>19</b> Bacon, Egg, & Cheese Toast 160 6 2 18 350 Breakfast Break 270 6 1.5 55 350 Baked Apples 80 0 0 20 27 Assorted 100% Juice 60 0 0 14 0	<b>20</b> Breakfast Chicken 96 4 1 7 207 with Biscuit 250 12 6 31 490 Cinnamon Minis 240 8 2 40 300 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	<b>21</b> Yogurt 60 0 0 11 50 with Cinnamon 120 4 1 19 110 Goldfish Graham 230 11 4 29 260 Super Donut 55 0 0 14 0 Fresh Apple 60 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	<b>22</b> Breakfast Pizza 210 7 2 27 350 Breakfast Burrito 455 30 11 31 447 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0					
<b>25</b> Sausage, 230 22 7 1 170 Breakfast Chicken, 96 4 1 7 207 OR Egg 130 9 2.5 2 140 with Biscuit 250 12 6 31 490 Breakfast Pizza 210 7 2 27 350 French Toast 200 8 1.5 25 290 Applesauce 50 0 0 13 10 Assorted 100% Juice 60 0 0 14 0 Hashbrown 130 7 0.5 15 240	<b>26</b> Sausage Pancake 190 8 2 22 478 Breakfast Break 270 6 1.5 55 350 Pineapple Tidbits 80 0 0 20 0 Assorted 100% Juice 60 0 0 14 0	<b>27</b> Mini Pancakes 220 6 0.5 39 130 Breakfast Chicken 96 4 1 7 207 with Biscuit 250 12 6 31 490 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	<b>28</b> Yogurt 60 0 0 11 50 with Granola 120 3.5 0 20 75 Cheesy Breadstick 150 6 3 15 240 Peach Slices 60 0 0 10 0 Assorted 100% Juice 60 0 0 14 0	<b>29</b> Breakfast Pizza 210 7 2 27 350 Breakfast Burrito 455 30 11 31 447 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0					

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