

January 2018 High School Breakfast Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>1</p> <p><i>Winter Break</i> <i>No School</i></p> | <p>2</p> <p><i>Winter Break</i> <i>No School</i></p> | <p>3</p> <p>Breakfast Steak with Biscuit French Toast Fruit Cocktail Assorted 100% Juice</p> | <p>4</p> <p>Yogurt with Granola Cheesy Breadstick Peach Slices Assorted 100% Juice</p> | <p>5</p> <p>Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice</p> |
| <p>8</p> <p>Sausage, Breakfast Steak, OR Egg with Biscuit Breakfast Pizza French Toast Fruit Cocktail Assorted 100% Juice Hashbrown</p> | <p>9</p> <p>Canadian Bacon, Egg & Cheese Biscuit Bacon, Egg, & Cheese Toast Baked Apples Assorted 100% Juice</p> | <p>10</p> <p>Breakfast Chicken with Biscuit Mini Pancakes Fresh Banana Assorted 100% Juice</p> | <p>11</p> <p>Yogurt with Cinnamon Goldfish Graham French Toast Fresh Apple Assorted 100% Juice</p> | <p>12</p> <p>Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice</p> |
| <p>15</p> <p><i>Martin Luther King, Jr. Day</i> <i>No School</i></p> | <p>16</p> <p>Canadian Bacon, Egg & Cheese Biscuit Breakfast Break Pineapple Tidbits Assorted 100% Juice</p> | <p>17</p> <p>Breakfast Chicken with Biscuit Mini Pancakes Fresh Banana Assorted 100% Juice</p> | <p>18</p> <p>Yogurt with Granola Cheesy Breadstick Peach Slices Assorted 100% Juice</p> | <p>19</p> <p>Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice</p> |
| <p>22</p> <p>Sausage, Breakfast Steak, OR Egg with Biscuit Breakfast Pizza French Toast Fruit Cocktail Assorted 100% Juice Hashbrown</p> | <p>23</p> <p>Sausage with Biscuit Breakfast Break Baked Apples Assorted 100% Juice</p> | <p>24</p> <p>Breakfast Steak with Biscuit Cinnamon Minis Fresh Banana Assorted 100% Juice</p> | <p>25</p> <p>Yogurt Granola Cheesy Breadstick Fresh Apple Assorted 100% Juice</p> | <p>26</p> <p>Breakfast Pizza Breakfast Burrito Mandarin Oranges Assorted 100% Juice</p> |
| <p>29</p> <p>Sausage, Breakfast Chicken, OR Egg with Biscuit Breakfast Pizza French Toast Applesauce Assorted 100% Juice Hashbrown</p> | <p>30</p> <p>Canadian Bacon, Egg & Cheese Biscuit Breakfast Break Pineapple Tidbits Assorted 100% Juice</p> | <p>31</p> <p>Breakfast Steak with Biscuit French Toast Fruit Cocktail Assorted 100% Juice</p> | | |

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.

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|---|---|--|---|--|---|---|------------------------|-------------------|--------------------|----------------------|---|--|-------------------------------|-------------------------|-------------------------|---------------------------|---|--|-------------------------------------|-----------------------------------|-----------------------------------|----------------------------------|---|--|-------------------------------|-------------------------|-------------------------|----------------------------|-----------------------------|---|------------------------------|-------------------------|-----------------------|----------------------------|---------------------------|---|------------------------|-------------------|-------------------|----------------------|----------------------|
| Monday | Calories | Total Fat (g) | Sat. Fat (g) | Carbs (g) | Sodium (mg) | Tuesday | Calories | Total Fat (g) | Sat. Fat (g) | Carbs (g) | Sodium (mg) | Wednesday | Calories | Total Fat (g) | Sat. Fat (g) | Carbs (g) | Sodium (mg) | Thursday | Calories | Total Fat (g) | Sat. Fat (g) | Carbs (g) | Sodium (mg) | Friday | Calories | Total Fat (g) | Sat. Fat (g) | Carbs (g) | Sodium (mg) | | | | | | | | | | | | |
| 1 Winter Break No School | | | | | | 2 Winter Break No School | | | | | | 3 Breakfast Steak with Biscuit French Toast Fruit Cocktail Assorted 100% Juice | 220 250 200 60 60 | 17 12 8 0 0 | 5 6 1.5 0 0 | 9 31 25 14 14 | 360 490 290 10 0 | 4 Yogurt with Granola Cheesy Breadstick Peach Slices Assorted 100% Juice | 60 120 150 60 60 | 0 3.5 6 0 0 | 0 0 3 0 0 | 11 20 15 10 14 | 50 75 240 0 0 | 5 Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice | 210 455 62 60 | 7 30 0 0 | 2 11 0 0 | 27 31 15 14 | 350 447 0 0 | | | | | | | | | | | | |
| Sausage, Breakfast Steak, OR Egg with Biscuit Breakfast Pizza French Toast Fruit Cocktail Assorted 100% Juice Hashbrown | 230 220 130 250 210 200 60 60 130 | 22 17 9 12 7 8 0 0 7 | 7 5 2.5 6 2 1.5 0 0 0 | 1 9 2 31 27 25 14 0 15 | 170 360 140 490 350 290 10 0 240 | Canadian Bacon, Egg & Cheese Biscuit Bacon, Egg, & Cheese Toast Baked Apples Assorted 100% Juice | 334 270 80 60 | 17 6 0 0 | 8 1.5 0 0 | 32 55 20 14 | 747 350 0 0 | Breakfast Chicken with Biscuit Mini Pancakes Fresh Banana Assorted 100% Juice | 96 250 220 108 60 | 4 12 6 0 0 | 1 6 0.5 0 0 | 7 31 39 28 14 | 207 490 130 0 0 | 10 Breakfast Chicken with Biscuit Mini Pancakes Goldfish Graham French Toast Fresh Apple Assorted 100% Juice | 60 120 120 200 55 60 | 0 3.5 4 8 0 0 0 | 0 0 1 1.5 0 0 0 | 11 20 19 25 14 14 | 50 75 110 290 0 0 | 11 Yogurt with Cinnamon Assorted 100% Juice | 60 120 60 | 0 3.5 0 | 0 0 0 | 11 20 14 | 50 75 0 | 12 Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice | 210 455 62 60 | 7 30 0 0 | 2 11 0 0 | 27 31 15 14 | 350 447 0 0 | | | | | | |
| 8 Martin Luther King, Jr. Day No School | | | | | | 9 Canadian Bacon, Egg & Cheese Biscuit Bacon, Egg, & Cheese Toast Baked Apples Assorted 100% Juice | 334 270 80 60 | 17 6 0 0 | 8 1.5 0 0 | 32 55 20 14 | 747 350 0 0 | 15 Martin Luther King, Jr. Day No School | | | | | | 16 Canadian Bacon, Egg & Cheese Biscuit Breakfast Break Pineapple Tidbits Assorted 100% Juice | 334 270 80 60 | 17 6 0 0 | 8 1.5 0 0 | 32 55 20 14 | 747 350 0 0 | 17 Breakfast Chicken with Biscuit Mini Pancakes Fresh Banana Assorted 100% Juice | 96 250 220 108 60 | 4 12 6 0 0 | 1 6 0.5 0 0 | 7 31 39 28 14 | 207 490 130 0 0 | 18 Yogurt with Granola Cheesy Breadstick Peach Slices Assorted 100% Juice | 60 120 150 60 60 | 0 3.5 6 0 0 | 0 0 3 0 0 | 11 20 15 10 14 | 50 75 240 0 0 | 19 Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice | 210 455 62 60 | 7 30 0 0 | 2 11 0 0 | 27 31 15 14 | 350 447 0 0 |
| Sausage, Breakfast Steak, OR Egg with Biscuit Breakfast Pizza French Toast Fruit Cocktail Assorted 100% Juice Hashbrown | 230 220 130 250 210 200 60 60 130 | 22 17 9 12 7 8 0 0 7 | 7 5 2.5 6 2 1.5 0 0 0 | 1 9 2 31 27 25 14 0 15 | 170 360 140 490 350 290 10 0 240 | 22 Martin Luther King, Jr. Day No School | | | | | | 23 Sausage with Biscuit Breakfast Break Baked Apples Assorted 100% Juice | 230 250 270 80 60 | 22 12 6 0 0 | 7 6 1.5 0 0 | 1 31 55 20 14 | 170 490 350 27 0 | 24 Breakfast Steak with Biscuit Cinnamon Minis Fresh Banana Assorted 100% Juice | 220 250 240 108 60 | 17 12 8 0 0 | 5 6 2 0 0 | 9 31 40 28 14 | 360 490 300 0 0 | 25 Yogurt with Granola Cheesy Breadstick Fresh Apple Assorted 100% Juice | 60 120 150 55 60 | 0 3.5 6 0 0 | 0 0 3 0 0 | 11 20 15 14 14 | 50 75 240 0 0 | 26 Breakfast Pizza Breakfast Burrito Mandarin Oranges Assorted 100% Juice | 210 455 52 60 | 7 30 0 0 | 2 11 0 0 | 27 31 13 14 | 350 447 5 0 | | | | | | |
| Sausage, Breakfast Chicken, OR Egg with Biscuit Breakfast Pizza French Toast Applesauce Assorted 100% Juice Hashbrown | 230 96 130 250 210 200 50 60 130 | 22 4 9 12 7 8 0 0 7 | 7 2.5 2 6 2 1.5 0 0 0 | 1 140 490 350 290 10 13 14 240 | 29 Martin Luther King, Jr. Day No School | | | | | | 30 Canadian Bacon, Egg & Cheese Biscuit Breakfast Break Pineapple Tidbits Assorted 100% Juice | 334 270 80 60 | 17 6 0 0 | 8 1.5 0 0 | 32 55 20 14 | 747 350 0 0 | 31 Breakfast Steak with Biscuit French Toast Fruit Cocktail Assorted 100% Juice | 220 250 200 60 60 | 17 12 8 0 0 | 5 6 1.5 0 0 | 9 31 25 14 14 | 360 490 290 10 0 | 31 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. | | | | | | | | | | | | | | | | | | |

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