

February 2018 High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Yogurt with Granola Cheesy Breadstick Peach Slices Assorted 100% Juice	2 Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice
5 Sausage, Breakfast Steak, OR Egg with Biscuit Breakfast Pizza French Toast Fruit Cocktail Assorted 100% Juice Hashbrown	6 Canadian Bacon, Egg & Cheese Biscuit Bacon, Egg, & Cheese Toast Baked Apples Assorted 100% Juice	7 Breakfast Chicken with Biscuit Mini Pancakes Fresh Banana Assorted 100% Juice	8 Yogurt with Cinnamon Goldfish Graham French Toast Fresh Apple Assorted 100% Juice	9 Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice
12 Sausage, Breakfast Steak, OR Egg with Biscuit Breakfast Pizza French Toast Applesauce Assorted 100% Juice Hashbrown	13 Canadian Bacon, Egg & Cheese Biscuit Breakfast Break Pineapple Tidbits Assorted 100% Juice	14 Breakfast Chicken with Biscuit Mini Pancakes Fresh Banana Assorted 100% Juice	15 Yogurt with Granola Cheesy Breadstick Peach Slices Assorted 100% Juice	16 Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice
19 Sausage, Breakfast Chicken, OR Egg with Biscuit Breakfast Pizza French Toast Fruit Cocktail Assorted 100% Juice Hashbrown	20 French Toast Breakfast Break Baked Apples Assorted 100% Juice	21 Breakfast Steak with Biscuit Cinnamon Minis Fresh Banana Assorted 100% Juice	22 Yogurt with Cinnamon Goldfish Graham Mini Pancakes Fresh Apple Assorted 100% Juice	23 Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice
26 Sausage, Breakfast Chicken, OR Egg with Biscuit Breakfast Pizza French Toast Applesauce Assorted 100% Juice Hashbrown	27 Canadian Bacon, Egg & Cheese Biscuit Breakfast Break Pineapple Tidbits Assorted 100% Juice	28 Breakfast Steak with Biscuit French Toast Fruit Cocktail 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.

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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 Yogurt with Granola Cheesy Breadstick Peach Slices Assorted 100% Juice	60 0 0 11 50 120 3.5 0 20 75 150 6 3 15 240 60 0 0 10 0 60 0 0 14 0	2 Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice	210 7 2 27 350 455 30 11 31 447 62 0 0 15 0 60 0 0 14 0
5 Sausage, Breakfast Steak, OR Egg with Biscuit Breakfast Pizza French Toast Fruit Cocktail Assorted 100% Juice Hashbrown	230 22 7 1 170 220 17 5 9 360 130 9 2.5 2 140 250 12 6 31 490 210 7 2 27 350 200 8 1.5 25 290 60 0 0 14 10 60 0 0 14 0 130 7 0.5 15 240	6 Canadian Bacon, Egg & Cheese Biscuit Bacon, Egg, & Cheese Toast Baked Apples Assorted 100% Juice	334 17 8 32 747 160 6 2 18 350 80 0 0 20 27 60 0 0 14 0	7 Breakfast Chicken with Biscuit Mini Pancakes Fresh Banana Assorted 100% Juice	96 4 1 7 207 250 12 6 31 490 220 6 0.5 39 130 108 0 0 28 0 60 0 0 14 0	8 Yogurt with Cinnamon Goldfish Graham French Toast Fresh Apple Assorted 100% Juice	60 0 0 11 50 120 4 1 19 110 200 8 1.5 25 290 55 0 0 14 0 60 0 0 14 0	9 Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice	210 7 2 27 350 455 30 11 31 447 62 0 0 15 0 60 0 0 14 0
12 Sausage, Breakfast Steak, OR Egg with Biscuit Breakfast Pizza French Toast Applesauce Assorted 100% Juice Hashbrown	230 22 7 1 170 220 17 5 9 360 130 9 2.5 2 140 250 12 6 31 490 210 7 2 27 350 200 8 1.5 25 290 50 0 0 13 10 60 0 0 14 0 130 7 0.5 15 240	13 Canadian Bacon, Egg & Cheese Biscuit Breakfast Break Pineapple Tidbits Assorted 100% Juice	334 17 8 32 747 270 6 1.5 55 350 80 0 0 20 0 60 0 0 14 0	14 Breakfast Chicken with Biscuit Mini Pancakes Fresh Banana Assorted 100% Juice	96 4 1 7 207 250 12 6 31 490 220 6 0.5 39 130 108 0 0 28 0 60 0 0 14 0	15 Yogurt with Granola Cheesy Breadstick Peach Slices Assorted 100% Juice	60 0 0 11 50 120 3.5 0 20 75 150 6 3 15 240 60 0 0 10 0 60 0 0 14 0	16 Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice	210 7 2 27 350 455 30 11 31 447 62 0 0 15 0 60 0 0 14 0
19 Sausage, Breakfast Chicken, OR Egg with Biscuit Breakfast Pizza French Toast Fruit Cocktail Assorted 100% Juice Hashbrown	230 22 7 1 170 96 4 1 7 207 130 9 2.5 2 140 250 12 6 31 490 210 7 2 27 350 200 8 1.5 25 290 60 0 0 14 10 60 0 0 14 0 130 7 0.5 15 240	20 French Toast Breakfast Break Baked Apples Assorted 100% Juice	200 8 1.5 25 290 270 6 1.5 55 350 80 0 0 20 27 60 0 0 14 0	21 Breakfast Steak with Biscuit Cinnamon Minis Fresh Banana Assorted 100% Juice	220 17 5 9 360 250 12 6 31 490 240 8 2 40 300 108 0 0 28 0 60 0 0 14 0	22 Yogurt with Cinnamon Goldfish Graham Mini Pancakes Fresh Apple Assorted 100% Juice	60 0 0 11 50 120 4 1 19 110 220 6 0.5 39 130 55 0 0 14 0 60 0 0 14 0	23 Breakfast Pizza Breakfast Burrito Orange Smiles Assorted 100% Juice	210 7 2 27 350 455 30 11 31 447 62 0 0 15 0 60 0 0 14 0
26 Sausage, Breakfast Chicken, OR Egg with Biscuit Breakfast Pizza French Toast Applesauce Assorted 100% Juice Hashbrown	230 22 7 1 170 96 4 1 7 207 130 9 2.5 2 140 250 12 6 31 490 210 7 2 27 350 200 8 1.5 25 290 50 0 0 13 10 60 0 0 14 0 130 7 0.5 15 240	27 Canadian Bacon, Egg & Cheese Biscuit Breakfast Break Pineapple Tidbits Assorted 100% Juice	334 17 8 32 747 270 6 1.5 55 350 80 0 0 20 0 60 0 0 14 0	28 Breakfast Steak with Biscuit French Toast Fruit Cocktail Assorted 100% Juice	220 17 5 9 360 250 12 6 31 490 200 8 1.5 25 290 60 0 0 14 10 60 0 0 14 0	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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