




JR. HIGH & HIGH SCHOOL BREAKFAST

Offered Daily

Seasonal- Fresh Fruit or Fruit Juice

1% White

September 2019

	Tuesday	Wednesday	Thursday	Friday
 2	3 Breakfast On Bun Cocoa Puff Parfait Cereal W/Cinnamon Toast Fresh Fruit Chilled Peaches Jelly	4 <u>Pancake Bar</u> Fruit Toppings Strawberry Or Blueberry Crispy Bacon Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	5 Scrambled Omelet W/Bagel Yogurt Cup W/ Graham Crackers Cereal W/Cinnamon Toast Fresh Fruit Baked Cinnamon Apples Jelly/Salsa	6 French Toast Sticks Cinnamon Roll Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/ Syrup
9 Mini Pancakes Blueberry Muffin Cereal w/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	10 Breakfast Pizza Glazed Donut Holes Cereal W/Cinnamon Toast Fresh Fruit Chilled Mandarin Oranges Jelly	11 <u>Waffle Bar</u> Fruit Toppings Strawberry Or Blueberry Sausage Links Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	12 Sausage Biscuit Fruity Strudel Cereal W/Cinnamon Toast Fresh Fruit Blushing Pears Jelly	13 All-American Breakfast Casserole Smoothie W Graham Crackers Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Salsa
16 Pancake On Stick Pop Tart & Cereal Cereal w/Buttered Toast Fruit Juice Fresh Fruit Jelly/Syrup	17 Breakfast On Bun Cocoa Puff Parfait Cereal W/Cinnamon Toast Fresh Fruit Chilled Peaches Jelly	18 <u>Pancake Bar</u> Fruit Toppings Strawberry Or Blueberry Crispy Bacon Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	19 Scrambled Omelet W/Bagel Yogurt Cup W/ Graham Crackers Cereal W/Cinnamon Toast Fresh Fruit Baked Cinnamon Apples Jelly/Salsa	20 French Toast Sticks Cinnamon Roll Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/ Syrup
23 Mini Pancakes Blueberry Muffin Cereal w/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	24 Breakfast Pizza Glazed Donut Holes Cereal W/Cinnamon Toast Fresh Fruit Chilled Mandarin Oranges Jelly	25 <u>Waffle Bar</u> Fruit Toppings Strawberry Or Blueberry Sausage Links Oatmeal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Syrup	26 Sausage Biscuit Fruity Strudel Cereal W/Cinnamon Toast Fresh Fruit Blushing Pears Jelly	27 All-American Breakfast Casserole Smoothie W Graham Crackers Cereal W/Buttered Toast Fruit Juice/Fresh Fruit Jelly/Salsa
30 Pancake On Stick Pop Tart & Cereal Cereal w/Buttered Toast Fruit Juice Fresh Fruit Jelly/Syrup				

CEREALS

- Honey Nut Cheerios
- Cocoa Puff
- Fruit Loops
- Cinnamon Toast Crunch
- Frosted Flakes

