

September 2017 High School Breakfast

Offered Daily

Milk : 1%-14
or Fat Free
Chocolate-20

Juice-14

Applesauce-14 &
Craisins-28

Yogurt- 16 with
Graham Crackers-17

Biscuits: Chicken-29,
Sausage-22, Plain-22
with Gravy-10

Cereal Choices:
Frosted Flakes-24,
Golden Grahams-
24, Cinnamon
Toast Crunch-22,
Cocoa Puffs-25,
Cheerios-20,
Apple Jacks-
24

Numbers listed to the right of each item are carbohydrates in grams.
*Notes items that are whole grain or contain whole grain.

Friday, September 1
*Super Donut—40
Breakfast Pizza-24
Fresh Banana-26

Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
HOLIDAY	Steak Biscuit-31 Cinni Minis-40 Strawberry or Cinnamon PopTarts- 75 Fresh Banana-26	Funnel Waffles-43 with Syrup-15 Breakfast Pizza-24 Fresh Apple-19	Bacon Egg & Cheese Biscuit-23 Fruit Filled Frudel-36 Strawberry or Cinnamon PopTarts- 75 Fresh Apple-19	*Mini Pancakes —41 with Syrup-15 Breakfast Pizza-24 Fresh Apple-19
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
French Toast-29 with syrup-15 Breakfast Pizza -24 Pineapple Cup-14	Steak Biscuit-31 Cinni Minis-40 Strawberry or Cinnamon PopTarts- 75 Fresh Banana-26	Mini Waffles-38 with Syrup-15 Breakfast Pizza-24 Fresh Apple-19	Bacon Egg & Cheese Biscuit-23 Fruit Filled Frudel-36 Strawberry or Cinnamon PopTarts- 75 Fresh Apple-19	*Super Donut—40 Breakfast Pizza-24 Fresh Banana-26
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
French Toast-29 with syrup-15 Breakfast Pizza -24 Pineapple Cup-14	Steak Biscuit-31 Cinni Minis-40 Strawberry or Cinnamon PopTarts- 75 Fresh Banana-26	Funnel Waffles- 43 with Syrup-15 Breakfast Pizza-24 Fresh Apple-19	Bacon Egg & Cheese Biscuit-23 Fruit Filled Frudel-36 Strawberry or Cinnamon PopTarts- 75 Fresh Apple-19	*Mini Pancakes —41 with Syrup-15 Breakfast Pizza-24 Fresh Apple-19
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
French Toast-29 with syrup-15 Breakfast Pizza -24 Pineapple Cup-14	Steak Biscuit-31 Cinni Minis-40 Strawberry or Cinnamon PopTarts- 75 Fresh Banana-26	Mini Waffles-38 with Syrup-15 Breakfast Pizza-24 Fresh Apple-19	Bacon Egg & Cheese Biscuit-23 Fruit Filled Frudel-36 Strawberry or Cinnamon PopTarts- 75 Fresh Apple-19	*Super Donut—40 Breakfast Pizza-24 Fresh Banana-26



This institution is an equal
opportunity provider.
Menu subject to change.