

POWAY UNIFIED SCHOOL DISTRICT

## Middle and High School Breakfast – August 2018

Every breakfast needs at least 3 stars, and at least one must be a **fruit**. ★★ ★

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Select 1 or 2 fruits:</b>				
★ Apple ★ Orange Juice (4 oz)	★ Banana ★ Applesauce Cup	★ Banana ★ Apple	★ Orange Wedges ★ Applesauce Cup	★ Apple Slices (IW) ★ Orange Juice (4 oz)
<b>Select 1 breakfast entree:</b>				
★ Cereal and ★ Grahams  ★★ Egg & Bacon Breakfast Pizza  ★ Crumb Square and ★ String Cheese	★ Cereal and ★ Grahams  ★★ Egg, Chorizo, & Cheese Breakfast Burrito  ★★ Cinnamon Roll	★ Cereal and ★ Grahams  ★★★ Yogurt, Fruit, & Granola Parfait  ★ Crumb Square and ★ String Cheese	★ Cereal and ★ Grahams  ★★★ Egg, Ham, & Cheese Breakfast Burrito  ★★ Cinnamon Roll	★ Cereal and ★ Grahams  ★★ Egg & Cheese Bagel Sandwich  ★★ Banana Bread
<b>Select 1 milk:</b>				
★ Low Fat White Milk ★ Fat Free Choc. Milk	★ Low Fat White Milk ★ Fat Free Choc. Milk	★ Low Fat White Milk ★ Fat Free Choc. Milk	★ Low Fat White Milk ★ Fat Free Choc. Milk	★ Low Fat White Milk ★ Fat Free Choc. Milk

For entrees with 2 parts (e.g. Cereal and Grahams), student may take just one, as long as they have enough total stars.

Secondary Schools with Breakfast: Meadowbrook Middle, Mt. Carmel High, Poway High, Westview High

Menu subject to change without notice. This institution is an equal opportunity provider.

Revised 5/29/2018