

# Modesto City Schools

## Junior High & High School Breakfast Menu

### GRAB 'N GO FAVORITES

- ✓ Assorted Muffins ●
- ✓ **DF** Cereal (available Tuesday & Thursday) ● ●
- ✓ Cinnamon Roll ● ●
- Sausage Breakfast Square ● ●

### DAILY BREAKFAST SPECIALS

- Monday:** Chicken Sausage Breakfast Sandwich ● ●
- Tuesday:** ✓ Blueberry Pancakes ● ●
- Wednesday:** Chicken Sausage Breakfast Sandwich ● ●
- Thursday:** ✓ Blueberry Pancakes ● ●
- Friday:** Chicken Sausage Breakfast Sandwich ● ●

### SIDE CHOICES

- ✓ **GF** MILK: 1% Low-Fat Milk, Non-Fat Milk and Non-Fat Chocolate Milk ●
- ✓ **GF** YOGURT: Strawberry Greek Yogurt ●

**Choose up to 3 fruits and/or vegetables**

- ✓ **GF DF** FRUIT: Assorted Fresh Fruit (based on seasonal availability) ●
- ✓ **GF DF** FRUIT JUICE: Orange Juice (available on Tuesdays) ●
- ✓ **GF DF** VEGETABLES: Carrots & \*Potato Rounds (\*check for availability) ●

- ✓ Vegetarian
- GF** No gluten containing ingredients
- DF** No dairy containing ingredients
- P** May contain pork



## What Makes a Breakfast?

Choose at least 3 food items

- GRAIN** ● **FRUIT** ● **MILK** ●
- PROTEIN** ● **VEGETABLE** ●

Examples of meal with at least 3 food items:

