

# 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:** ✓ French Toast or Pancakes ● ●
- Wednesday:** Farmhouse Platter ● ●
- Thursday:** ✓ French Toast or 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 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:** Potato Rounds (available on Fridays) ●

- ✓ 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:

