



BREAKFAST

All students are offered breakfast at no cost.
Breakfast always includes a whole grain entrée, fresh fruit and milk.

**Fridley
High
School**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Banana Bread Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	3 Benefit Bar Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	4 Filled Cinnamon Toast OR Soft Filled CocoaPuff Bar Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	5 Hot Egg and Cheese Slider Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	6 Donut Hole Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait
9 Cinnamon Roll Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	10 Savory Breakfast Pizza Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	11 Pancake & Turkey Sausage on a Stick Fresh Fruit Choices Milk Choices Cereal Choices	12 Cinnamon Blueberry Stick Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	13 Frudel Strudel Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait
16 Mini Bagels Cinnamon/Strawberry Fresh Fruit Choices Milk Choices Cereal Choices	17 Banana Bread Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	18 Hot Egg and Cheese Slider Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	19 Breakfast Round Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	20 Mini Chocolate Chip Pancakes Mini Maple Pancakes Fresh Fruit Choices Milk Choices Cereal Choices
23 Spring Break	24 Spring Break	25 Spring Break	26 Spring Break	27 Spring Break
30 Banana Bread Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	31 Cinnamon Blueberry Stick Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	1 Pancake & Turkey Sausage on a Stick Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	2 Filled Cinnamon Toast Fresh Fruit Choices Milk Choices Cereal Choices Coffee Kickstart Beverage	3 Donut, Ring, Apple Filled Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait

DID YOU KNOW?

Your meal eligibility expires Sept 15. You MUST fill out a new application every school year.

Apply on line for Free/Red Meals at <https://fridley.sdms2.com>, print app from website or go to your school office.

Menu subject to change. USDA is an equal opportunity employer.