

**Grab n Go Breakfast**

**Fridley High School**

**Fuel your day the right way and eat breakfast with us!**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				1 Frudel Strudel Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait
4 Cinnamon Roll Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	5 Savory Breakfast Pizza Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	6 Frudel Strudel Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	7 Mini Chocolate Chip Pancakes Mini Maple Pancakes Fresh Fruit Choices Milk Choices Cereal Choices Coffee Kickstart Beverage	8 Breakfast Round Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait
11 Mini Bagels Cinnamon/Strawberry Fresh Fruit Choices Milk Choices Cereal Choices	12 Banana Choc Chip Bread Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	13 Hot Egg and Cheese Slider Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	14 Breakfast Round Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	15 Mini Chocolate Chip Pancakes Mini Maple Pancakes Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait
18 Banana Bread Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	19 Blueberry Bread Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	20 Pancake & Turkey Sausage on a Stick Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	21 Benefit Bar Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	22 Donut, Ring, Apple Filled Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait
25	26 Cinnamon Roll Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	27 Frudel Strudel Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait	28 Banana Choc Chip Bread Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait Coffee Kickstart Beverage	29 Breakfast Round Fresh Fruit Choices Milk Choices Cereal Choices Fruit n Yogurt Parfait

**All students receive breakfast at no charge.**