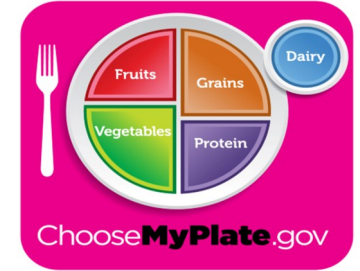


# MIDDLE & HIGH SCHOOLS

## BREAKFAST OCT-NOV 2021

Main Dish, Fruit, Vegetable & Milk (1% or Non-Fat Flavored)

MENU SUBJECT TO CHANGE



Students must take  
 a minimum of  
**THREE**  
 My Plate  
 Components

One item must be  
 selected from the  
 fruit or vegetable  
 group

Menu reflects items we  
 prepare, but not all Items  
 are offered daily

Nutritional Information  
 on our App WebMenus



APPLE



ANDROID

### Bagel & Cream Cheese

Banana Bread

Breakfast Bar

Crumb Cake

Concha

French Toast

Muffin

Pizza Bagel ■

PBJ

### Breakfast Burrito ■

Egg, Ham & Cheese

### Sausage & Cheese Sandwich ■

On Croissant, English Muffin or Roll

### Yogurt Parfait ◀

### FRUIT

Apples

Applesauce

Bananas

Craisins

Frozen Berry Cup

Fruit Cocktail

Juice

Oranges

Pear

Raisins

### VEGETABLES

Baby Carrots

Tater Tots

### MILK

1% Milk

Non-Fat Chocolate

■ CONTAINS PORK    ◀ CONTAINS NUTS