

AUGUST

2018 High School Breakfast Menu

OFFER vs SERVE
Food Items for School Breakfast

Choose **at least 3** including:

Grains

Meat
or Meat
Alternate
(optional)

Milk

Fruits

Veggies
(optional)

- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Items**

For best nutrition, **choose all**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p style="font-size: 2em; font-family: cursive;">welcome back to</p>				<p>2 CEREAL & TOAST OFFERED DAILY</p>	<p>3 Mickey's Mighty Milk Choices Offered Daily</p>	<p>FRESH FRUIT, FRUIT JUICE OFFERED DAILY</p>
	<p>6 Breakfast Bun Or Breakfast Ring</p>	<p>7 Baked Ham Biscuit</p>	<p>8 Crispy Chicken Biscuit</p>	<p>9 Cheesy Grits w/ Toast</p>	<p>10 Warm Muffins</p>	<p>Fruit-Yogurt Parfait & Fruit Smoothies Offered</p>
	<p>13 Pancake & Sausage on a Stick</p>	<p>14 Sunrise Sausage Biscuit</p>	<p>15 Fruity Yogurt & Warm Muffins</p>	<p>16 Dazzling Dutch Waffle</p>	<p>17 Southern Steak Biscuit</p>	
	<p>20 Twisted Bacon Biscuit</p>	<p>21 Tasty Waffles or Ultimate Pancakes</p>	<p>22 Crispy Chicken Biscuit</p>	<p>23 Ooey Goopy Cinnamon Rolls</p>	<p>24 Sunrise Sausage Biscuit</p>	
	<p>27 Breakfast Bun Or Breakfast Ring</p>	<p>28 Baked Ham Biscuit</p>	<p>29 Crispy Chicken Biscuit</p>	<p>30 Cheesy Grits w/ Toast</p>	<p>31 Warm Muffins</p>	