



March 2018 High School Breakfast Menu



Monday

Tuesday

Wednesday

Thursday

Friday

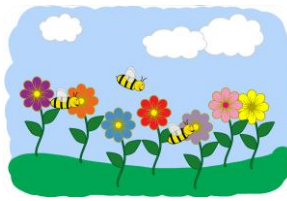
Staff Breakfast = \$2.00
Secondary Breakfast = \$1.70
Milk = \$.50



Students are given the opportunity to start their day with a healthy breakfast at all of our schools.



Breakfast improves school performance!



1
Breakfast Wrap
Breakfast Pizza
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk

2
Maple Pancake Wrap
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk



NATIONAL SCHOOL BREAKFAST WEEK

5

Cheese Omelet & Cinnamon Roll
Mini Chocolate Chip French Toast
Cereal Served with either:
Pop tart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk



Breakfast Bowl & Cinnamon Roll
Breakfast Pizza
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk

Mini Pancakes & Sausage
Mini Chocolate Chip French Toast
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk

Breakfast Wrap
Breakfast Pizza
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk

9

Maple Pancake Wrap
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk



Take time for
School Breakfast

Breakfast Supplies Important Nutrients

Breakfast contributes less than 20% of daily calories, while providing many key vitamins and minerals including

*** Calcium * B vitamins
* Iron * Vitamin D**

Nutrients missed at breakfast are typically not made up during the day

Menu is based on product availability and is subject to change.

12

Cheese Omelet & Cinnamon Roll
Mini Chocolate Chip French Toast
Cereal Served with either:
Pop tart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk

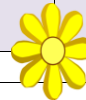
13

Breakfast Bowl & Cinnamon Roll
Breakfast Pizza
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk



14

Mini Pancakes & Sausage
Mini Chocolate Chip French Toast
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk



15

Breakfast Wrap
Breakfast Pizza
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk

16

Maple Pancake Wrap
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk

19

Cheese Omelet & Cinnamon Roll
Mini Chocolate Chip French Toast
Cereal Served with either:
Pop tart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk



20

Breakfast Bowl & Cinnamon Roll
Breakfast Pizza
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk

21

Mini Pancakes & Sausage
Mini Chocolate Chip French Toast
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk



22

Breakfast Wrap
Breakfast Pizza
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk



23

Maple Pancake Wrap
Cereal Served with either:
Poptart, Breakfast Bar or Donut
Fresh Fruit
Juice
Milk

26



27

Happy Spring Break

28

29

30



WHAT'S ON YOUR PLATE?



This institution is an equal opportunity provider.