



# HS Breakfast Menu



Energize Your Day!  
Breakfast...it's The Most Important  
Meal of The Day!

2021/2022

Northport-East Northport. UFSD

**Breakfast Price- \$free**  
Please register at MySchoolBucks.com to make prepayments, check balances and transaction history. Look on our District website under "Lunch Menus" for more details and updates. We offer 4 food items and students must select at least 3.

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>Hot Breakfast</b><br>Bacon, Egg & cheese on a WG roll<br>or<br>Waffles   | <b>Hot Breakfast</b><br>Sausage, Egg & cheese on a WG Roll  | <b>Hot Breakfast</b><br>Bacon, Egg & cheese on a WG Roll<br>or<br>Pancakes | <b>Hot Breakfast</b><br>Sausage, Egg & cheese on a WG Roll         | <b>Hot Breakfast</b><br>Bacon, Egg & cheese on a WG roll<br>or<br>French Toast |
| <b>Cold Breakfast</b><br>Bagel Meal w/ Butter<br>or Cream Cheese  | <b>Cold Breakfast</b><br>Yogurt Meal  | <b>Cold Breakfast</b><br>Bagel Meal w/ Butter<br>or Cream Cheese           | <b>Cold Breakfast</b><br>Yogurt Meal                               | <b>Cold Breakfast</b><br>Bagel Meal w/ Butter<br>or Cream Cheese               |
| <b>Fruit</b><br>Fruit Choice<br>or<br>Fruit juice   | <b>Fruit</b><br>Fruit choice  | <b>Fruit</b><br>Fruit  | <b>Fruit</b><br>Fruit choice                                       | <b>Fruit</b><br>Fruit choice<br>or<br>Fruit Juice                              |
| <b>Milk Choice</b><br>Non Fat Milk<br>1% Milk   | <b>Milk Choice</b><br>Non Fat Milk<br>1% Milk<br>FF Chocolate Milk  | <b>Milk Choice</b><br>Non Fat Milk<br>1% Milk                              | <b>Milk Choice</b><br>Non Fat Milk<br>1% Milk<br>FF Chocolate Milk | <b>Milk Choice</b><br>Non Fat Milk<br>1% Milk                                  |
| <b>Breakfast includes a choice of 4*:</b><br>Hot or Cold Entrée<br>*2 Oz. Whole Grain<br>*1oz meat or Meat Alternative or 1 oz. grain<br>*1 cup fruit or ½ cup juice<br>*8 oz. Milk choice. | <p>Breakfast &amp; Lunch are free for all<br/>Using the <a href="http://www.MySchoolBucks.com">www.MySchoolBucks.com</a> account is recommended.<br/><b>This institution is an equal opportunity<br/>Provider and employer.</b></p> |  |  | <br>BrainFood  |

**OFFERED DAILY**  
Cereal Meal w/ cheese stick  
Muffin Meal w/ cheese stick  
Yogurt Meal w/ WG crackers

**DAILY A La Carte Items**  
Fresh Fruit Smoothies - \$3.00  
Hash Brown - \$1.00

All breakfast items can be purchased ala carte

We are committed to serving healthy, nutritious meal choices. Our meals emphasize whole grains, fresh fruits and vegetables and *nothing is ever fried*. Full student breakfast includes choice of entrée and grain, fruit and milk. Milk choices at breakfast include fat free white, or 1% white. **Menu is subject to change.** Questions? Director of Food Services (631) 262-6647