



High School Breakfast

October 2017

2

French Toast Sticks & Syrup
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Apple, Blueberries, 100% Grape Juice

3

Turkey Pancake Wrap
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Orange, Fruit Mix, 100% Fruit Juice

4

Egg, Ham & Cheddar Flatbread Sandwich
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Pears, Applesauce, 100% Orange Juice

5

Cheese & Sausage Quesadilla
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Banana, Raisins, 100% Dragon Fruit Juice

6

Sausage Breakfast Pizza
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Strawberries, Peaches, 100% Apple Juice

9

Waffles & Syrup
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Apple, Blueberries, 100% Grape Juice

10

Glazed Cinnamon Roll
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Orange, Fruit Mix, 100% Fruit Juice

11

Apple Bosco Stick
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Pears, Applesauce, 100% Orange Juice

12

Cheesy Ham & Egg Pancake
Panini
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Banana, Raisins, 100% Dragon Fruit Juice

13

Chocolate Muffin & Yogurt
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Strawberries, Peaches, 100% Apple Juice

16

Apple Frudel
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Apple, Blueberries, 100% Grape Juice

17

Turkey Pancake Wrap
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Orange, Fruit Mix, 100% Fruit Juice

18

Sausage Breakfast Pizza
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Pears, Applesauce, 100% Orange Juice

19

Apple Cinnamon Muffin & Yogurt
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Banana, Raisins, 100% Dragon Fruit Juice

20

French Toast Sticks
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Strawberries, Peaches, 100% Apple Juice

23

Mini Pancakes
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Apple, Blueberries, 100% Grape Juice

24

Cheesy Ham & Egg Pancake
Panini
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Orange, Fruit Mix, 100% Fruit Juice

25

Cinnamon Raisin Bagel
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Pears, Applesauce, 100% Orange Juice

26

No School!

27

Enjoy the long weekend!

30

Oatmeal Chocolate Chip Benefit Bar
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Apple, Blueberries, 100% Grape Juice

31

Glazed Cinnamon Roll
Donuts
Assorted Breakfast Sandwiches
Or Pick 2: Cereal, String Cheese, Crackers
Side Items
Orange, Fruit Mix, 100% Fruit Juice

Reminder: If your family qualifies for free or reduced lunch, you also qualify for free or reduced breakfast. Come by participating schools in the morning and check it out!

Breakfast Prices

Paid: \$1.85
Reduced: \$0.30
Adult: \$1.70
Free meals available to those that qualify

Milk

Skim, 1%, & Skim Chocolate Milk are offered daily

Whole Grains

All bread served is whole grain rich!