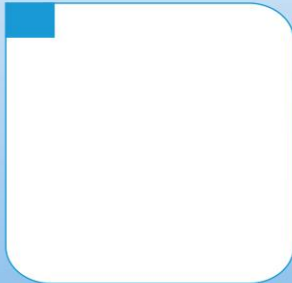
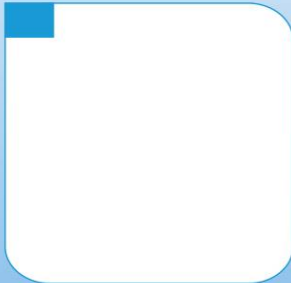


# High School Breakfast

## November 2017



**1**  
French Toast Sticks  
Or Egg & Sausage Breakfast Burger w/  
BBQ Salsa Or Egg, Cheese & Sausage  
Bagel Sandwich Or Cheerios,  
Cinnamon Toast Crunch, Froot Loops,  
& String Cheese, or Crackers  
**Side Items**  
Pears, Applesauce, 100% Orange  
Juice

**2**  
Donuts  
Or Cheesy Sausage & Egg Breakfast  
Burrito Or Egg, Cheese, Sausage  
Bagel Sandwich Or Mini Wheats,  
Cinnamon Toast Crunch, Cocoa Puffs  
& String Cheese, or Crackers  
**Side Items**  
Banana, Raisins, 100% Dragon Fruit  
Juice

**3**  
Chocolate Chip Breakfast Round  
Or Ham, Egg & Cheese Biscuit  
Or Egg, Cheese, Sausage Bagel  
Sandwich Or Cheerios, Trix or  
Cocoa Puffs & String Cheese or  
Crackers  
**Side Items**  
Strawberries, Peaches, 100%  
Apple Juice

**6**  
Donuts  
Or Cheesy Egg Breakfast Burger Or  
Egg, Cheese & Sausage Bagel  
Sandwich Or Cheerios, Trix, Lucky  
Charms & String Cheese or Crackers  
**Side Items**  
Apple, Blueberries, 100% Grape  
Juice

**7**  
Turkey Pancake Wrap  
Or Cheese & Sausage Breakfast  
Roll Or Egg, Cheese & Sausage  
Bagel Sandwich Or Mini Wheats,  
Froot Loops, Lucky Charms & String  
Cheese or Crackers  
**Side Items**  
Orange, Fruit Mix, 100% Fruit Juice

**8**  
Egg, Ham & Cheddar Flatbread  
Sandwich  
Or Cheese & Sausage Quesadilla  
Or Egg, Cheese & Sausage Bagel  
Sandwich Or Cheerios, Cinnamon Toast  
Crunch, Froot Loops, & String Cheese,  
or Crackers  
**Side Items**  
Pears, Applesauce, 100% Orange Juice

**9**  
Donuts  
Or Cheesy Egg Biscuit Or Egg,  
Cheese, Sausage Bagel Sandwich  
Or Mini Wheats, Cinnamon Toast  
Crunch, Cocoa Puffs & String  
Cheese, or Crackers  
**Side Items**  
Banana, Raisins, 100% Dragon  
Fruit Juice

**10**  
Country Chicken & Cheese Biscuit  
Or Sausage & Egg English Muffin  
Melt Or Egg, Cheese, Sausage  
Bagel Sandwich Or Cheerios, Trix  
or Cocoa Puffs & String Cheese or  
Crackers  
**Side Items**  
Strawberries, Peaches, 100% Apple  
Juice

**13**  
Waffles & Syrup  
Or Cheesy Sausage & Egg  
Breakfast Burrito Or  
Egg, Cheese & Sausage Bagel  
Sandwich  
Or Cheerios, Trix, Lucky Charms &  
String Cheese or Crackers  
**Side Items**  
Apple, Blueberries, 100% Grape  
Juice

**14**  
Glazed Cinnamon Roll  
Or Egg & Cheese Donut Breakfast  
Melt Or Egg, Cheese & Sausage  
Bagel Sandwich  
Or Mini Wheats, Froot Loops, Lucky  
Charms & String Cheese or Crackers  
**Side Items**  
Orange, Fruit Mix, 100% Fruit  
Juice

**15**  
Apple Bosco Stick  
Or Egg, Bacon & Cheddar Flatbread  
Sandwich Or Egg, Cheese & Sausage  
Bagel Sandwich Or Cheerios,  
Cinnamon Toast Crunch, Froot Loops,  
& String Cheese, or Crackers  
**Side Items**  
Pears, Applesauce, 100% Orange  
Juice

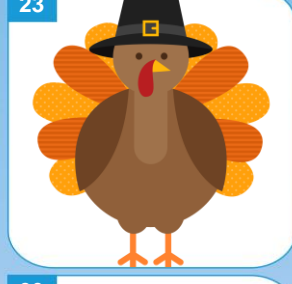
**16**  
Cheesy Ham & Egg Pancake Panini Or  
Country Chicken & Cheese Biscuit Or  
Egg, Cheese, Sausage Bagel  
Sandwich Or Mini Wheats, Cinnamon  
Toast Crunch, Cocoa Puffs & String  
Cheese, or Crackers  
**Side Items**  
Banana, Raisins, 100% Dragon Fruit  
Juice

**17**  
Chocolate Muffin & Yogurt  
Or Ham, Egg & Cheese Biscuit  
Sandwich Or Egg, Cheese,  
Sausage Bagel Sandwich Or  
Cheerios, Trix or Cocoa Puffs &  
String Cheese or Crackers  
**Side Items**  
Strawberries, Peaches, 100%  
Apple Juice

**20**  
Apple Frudel  
Or Sausage & Egg Biscuit  
Sandwich Or Egg, Cheese &  
Sausage Bagel Sandwich Or  
Cheerios, Trix, Lucky Charms &  
String Cheese or Crackers  
**Side Items**  
Apple, Blueberries, 100% Grape  
Juice

**21**  
Turkey Pancake Wrap  
Or Bacon, Egg & Cheese Donut  
Breakfast Melt Or Egg, Cheese &  
Sausage Bagel Sandwich  
Or Mini Wheats, Froot Loops, Lucky  
Charms & String Cheese or Crackers  
**Side Items**  
Orange, Fruit Mix, 100% Fruit Juice

**22**  
**Happy  
Thanksgiving**



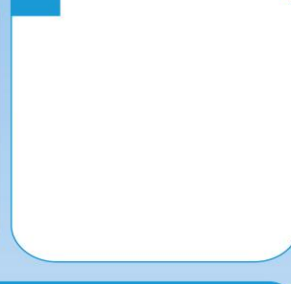
**24**  
**Enjoy the  
long  
weekend!**

**27**  
Pancakes & Sausage  
Or Egg, Bacon & Cheddar Flatbread  
Or Egg, Cheese & Sausage Bagel  
Sandwich Or Cheerios, Trix, Lucky  
Charms & String Cheese or  
Crackers  
**Side Items**  
Apple, Blueberries, 100% Grape  
Juice

**28**  
Cheesy Ham & Egg Pancake Panini  
Or Donuts Or Or Egg, Cheese &  
Sausage Bagel Sandwich  
Or Mini Wheats, Froot Loops, Lucky  
Charms & String Cheese or  
Crackers  
**Side Items**  
Orange, Fruit Mix, 100% Fruit Juice

**29**  
Cinnamon Raisin Bagel  
Or Cheesy Egg Biscuit Or Egg,  
Cheese & Sausage Bagel  
Sandwich Or Cheerios, Cinnamon  
Toast Crunch, Froot Loops, &  
String Cheese, or Crackers  
**Side Items**  
Pears, Applesauce, 100% Orange  
Juice

**30**  
Apple Bosco Stick  
Or Cheesy Ham & Egg Pancake  
Panini Or  
Mini Wheats, Cinnamon Toast  
Crunch, Cocoa Puffs & String  
Cheese, or Crackers  
**Side Items**  
Banana, Raisins, 100% Dragon  
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!