



Breakfast

Junior & Senior High School

Milk Choices: White 1% and Chocolate Skim

Juice Choices: Apple, Grape & Orange

Daily protein options include yogurt, hard boiled eggs, cheese stick, beef or chicken stick. Subject to change

Students may select 1 fruit juice, 1 milk and a 1/2 cup serving of fruit in addition to 2 items.

* Asterisk count as two items.

Revised 3/5/25

This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

31 Choice of 2 items:
Mini Cinni's
Scrambled Eggs
Breakfast Cereal
Daily Protein Options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

5

1 Choice of 2 items:
Turkey Sausage Breakfast Pizza
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

2 Choice of 2 items:
Donut Holes
Breakfast Potatoes
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

3 Croissant Egg & Pork
Bacon Sandwich*
or
Choice of 2 items:
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

4
No
SCHOOL

7 Choice of 2 items:
French Toast Sticks
Hard Boiled Egg
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
Fruit Juice OR Smoothie

1

8 Chicken Sausage & Cheese
Bagel*
or
Choice of 2 items:
Whole Grain Muffin
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

9 Choice of 2 items:
Pancakes
Lower Sodium Pork Bacon
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

10 Choice of 2 items:
Cinnamon Roll
Whole Grain Muffin
Hard boiled Eggs
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

11 Choice of 2 items:
BYO Oatmeal Bowl
BYO Yogurt Parfait
Chicken Sausage & Cheese
stuffed maple waffle
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

14 Choice of 2 items:
Cheese Omelet
Choice of Bagel
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

2

15 Biscuits & Pork Sausage Gravy*
or
Choice of 2 items:
Pop Tart
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

16 Chicken Sausage, Egg &
Cheese Muffin*
or
Choice of 2 items:
Whole Grain Muffin
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

17 Choice of 2 items:
Little John
Breakfast Potatoes
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

18
No
SCHOOL

21 Choice of 2 items:
Egg & Fiesta Cheese Croissant
Oatmeal Bar
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

3

22 Hot Ham & Cheese Bagel*
or
Choice of 2 items:
Yogurt & Granola
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

23 Choice of 2 items:
Whole Grain Muffin
Early Riser Hashbrown
(stuffed with egg & cheese)
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

24 Choice of 2 items:
French Toast Sticks
Chicken Sausage
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

25 Choice of 2 items:
Turkey Bacon Scramble Pizza
Pop Tart
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

28 Choice of 2 items:
Assorted mini bagels
Chicken Sausage Patty
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
Fruit Juice OR Smoothie

4

29 Choice of 2 items:
Waffle
Bacon & Cheese Scramble
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

30 Uncrustable
or
Country Flatbread*
or
choice of two items:
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

1 Choice of 2 items:
Chocolate Chip UBR
Yogurt Parfait
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

2 Choice of 2 items:
Mini Pancakes
Choice of Bagel
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice