

Welcome May

Breakfast

Junior & Senior High School

Milk Choices: White 1% and Chocolate Skim

Juice Choices: Apple, Grape & Orange

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

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

This institution is an equal opportunity provider.

Revised 4/4/2025

Monday

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

Tuesday

29

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

Wednesday

30

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

Thursday

1

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

Friday

2

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

4

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

6

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

7

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

8

Southwest Burrito*
or
Choice of 2 items:
Cereal Bar
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

9

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

5

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

13

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

14

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

15

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

16

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

1

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

20

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

21

Choice of 2 items:
Ham & Cheese Scramble
Oatmeal Bar
Breakfast Cereal
Daily protein options
PLUS may select:
Daily Fruit
Milk
100% Fruit Juice

22

**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

23

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

2



3

27

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

28

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

29

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

30

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