#### High School 9-12 Menu HIGH SCHOOL BREAKFAST

#### Monday

## Tuesday

No School

### Wednesday

## **Thursday**

## **Friday**

# Jan 1

No School

Jan 2

Jan 3

No School

No School

No School

#### Jan 8

Fruit & Yogurt Parfait\* (V) Big Breakfast\* Breakfast Condiment Bar Assorted Poptarts\*(V) Assorted Cereal\* (V) Seasonal Fresh Fruit Sliced Peaches Assorted Juice 1% Milk NF Chocolate Milk

Fruit & Yogurt Parfait\* (V) Biscuit\*, Sausage & Cheese Sandwich Breakfast Condiment Bar Muffin Basket\* (V) Assorted Cereal\* (V) Assorted Juice Seasonal Fresh Fruit Raisins 1% Milk NF Chocolate Milk

#### Jan 10

Fruit & Yogurt Parfait\* (V) Breakfast Burrito\* (V) Breakfast Condiment Bar Breakfast Pizza\* Assorted Cereal\* (V) Assorted Juice Seasonal Fresh Fruit Applesauce 1% Milk NF Chocolate Milk

### Jan 11

Jan 4

Fruit & Yogurt Parfait\* (V) Fruit & Yogurt Parfait\* (V) Mini Donuts\* (V) English Muffin\*, Egg & Cheese Bagel\* & Cream Cheese (V) Sandwich (V) with Tater Tots Assorted Cereal\* (V) Breakfast Condiment Bar Seasonal Fresh Fruit Breakfast Chorizo & Assorted Juice Cheese Bollilo Sliced Peaches Assorted Cereal\* (V) 1% Milk Applesauce NF Chocolate Milk Assorted Juice Seasonal Fresh Fruit 1% Milk NF Chocolate Milk

#### Jan 15

No School

#### Jan 16

Fruit & Yogurt Parfait\* (V) Biscuit\*, Sausage & Cheese Sandwich Breakfast Condiment Bar Muffin Basket\* (V) Assorted Cereal\* (V) Assorted Juice Seasonal Fresh Fruit Raisins 1% Milk NF Chocolate Milk

## Jan 17

Fruit & Yogurt Parfait\* (V) Breakfast Burrito\* (V) Breakfast Condiment Bar Breakfast Pizza\* Assorted Cereal\* (V) Assorted Juice Seasonal Fresh Fruit Applesauce 1% Milk NF Chocolate Milk

#### Jan 18

Fruit & Yogurt Parfait\* (V) Mini Donuts\* (V) Bagel\* & Cream Cheese (V) Assorted Cereal\* (V) Seasonal Fresh Fruit Assorted Juice Sliced Peaches 1% Milk NF Chocolate Milk

# Jan 19

Jan 5

Jan 12

No School

# Jan 22

Fruit & Yogurt Parfait\* (V) Big Breakfast\* Breakfast Condiment Bar Assorted Poptarts\*(V) Assorted Cereal\* (V) Seasonal Fresh Fruit Sliced Peaches Assorted Juice 1% Milk NF Chocolate Milk

## Jan 23

Fruit & Yogurt Parfait\* (V) Biscuit\*, Sausage & Cheese Sandwich Breakfast Condiment Bar Muffin Basket\* (V) Assorted Cereal\* (V) Assorted Juice Seasonal Fresh Fruit Raisins 1% Milk NF Chocolate Milk

## Jan 24

Fruit & Yogurt Parfait\* (V) Breakfast Burrito\* (V) Breakfast Condiment Bar Breakfast Pizza\* Assorted Cereal\* (V) Assorted Juice Seasonal Fresh Fruit Applesauce 1% Milk NF Chocolate Milk

#### Jan 25

Fruit & Yogurt Parfait\* (V) Mini Donuts\* (V) Bagel\* & Cream Cheese (V) Assorted Cereal\* (V) Seasonal Fresh Fruit Assorted Juice Sliced Peaches 1% Milk NF Chocolate Milk

### Jan 26

Fruit & Yogurt Parfait\* (V) English Muffin\*, Egg & Cheese Sandwich (V) with Tater Tots Breakfast Condiment Bar Breakfast Chorizo & Cheese Bollilo ' Assorted Cereal\* (V) Applesauce Assorted Juice Seasonal Fresh Fruit 1% Milk NF Chocolate Milk

## Jan 29

Fruit & Yogurt Parfait\* (V) Big Breakfast\* Breakfast Condiment Bar Assorted Poptarts\*(V) Assorted Cereal\* (V) Seasonal Fresh Fruit Sliced Peaches Assorted Juice 1% Milk NF Chocolate Milk

## Jan 30

Fruit & Yogurt Parfait\* (V) Biscuit\*, Sausage & Cheese Sandwich Breakfast Condiment Bar Muffin Basket\* (V) Assorted Cereal\* (V) Assorted Juice Seasonal Fresh Fruit Raisins 1% Milk NF Chocolate Milk

## Jan 31

Fruit & Yogurt Parfait\* (V) Breakfast Burrito\* (V) Breakfast Condiment Bar Breakfast Pizza\* Assorted Cereal\* (V) Assorted Juice Seasonal Fresh Fruit Applesauce 1% Milk NF Chocolate Milk

## USDA and this institution are equal opportunity providers and employers.

Menu subject to change.

Whole grain items are indicated by \*.

Vegetarian items are indicated by (V).