



# BREAKFAST MENU FOR HIGH SCHOOL

## 2018-2019

A school breakfast is made up of 3 Components from these three food groups:  
Milk, Fruit, Grains (meat/meat alternative (optional))

There is a daily requirement of 1 cup of fruit, there is a minimum daily requirement of 1 oz equivalent of whole grain rich grains, and 1 cup of milk daily.

### PRICES

HS PAID PRICE- \$2.25

REDUCED PRICE- \$.30

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
ASSORTED BREAKFAST SANDWICHES OR BREAKFAST PIZZA	ASSORTED BREAKFAST SANDWICHES OR BREAKFAST PIZZA	ASSORTED BREAKFAST SANDWICHES OR BREAKFAST PIZZA	ASSORTED BREAKFAST SANDWICHES OR BREAKFAST PIZZA	ASSORTED BREAKFAST SANDWICHES OR BREAKFAST PIZZA
JUICE and/or FRUIT	JUICE and/or FRUIT	JUICE and/or FRUIT	JUICE and/or FRUIT	JUICE and/or FRUIT
MILK	MILK	MILK	MILK	MILK

In addition to the rotating menu above, the following items are available to combine to create a complete breakfast.

Assorted breakfast bars, String Cheese, Cereal Bars, Whole Grain Poptarts, Whole Grain Reduced Sugar Cereals, Chilled Juice and/or fruit and milk

#### Non-Discrimination Statement

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