



Breakfast Weekly Menu 2019-2020

Students can Choose 3 to 4 breakfast items, one of the items has to be Fruit or 100% Juice Breakfast start at 7:00 am and ends at 7:45am **All**

students are eligible for **FREE Breakfast**

Monday	Whole wheat Cereal		Grilled Cheese Sandwich w/ whole wheat bun	Fruit low fat Yogurt Variety	Fresh Bananas Or Apples	Apple Sauce cup	100% juice Variety	1% White Milk or Skim White Milk
Tuesday	Whole wheat Cereal	Whole wheat Rolls	Egges & Potatos w/ whole wheat Bread	Mozzarella Cheese Sticks	Fresh Bananas Or Apples	Apple Sauce cup	100% juice Variety	1% White Milk or Skim White Milk
Wednesday	Whole wheat Cereal		Eggs & Cheese Sandwich w/whole wheat bun	Fruit low fat Yogurt Variety	Fresh Bananas Or Apples	Apple Sauce cup	100% juice Variety	1% White Milk or Skim White Milk
Thursday	Whole wheat Cereal	Whole wheat Rolls	Veggie Omelet or Bagels w/ Cream cheese	Mozzarella Cheese Sticks	Fresh Bananas Or Apples	Apple Sauce cup	100% juice Variety	1% White Milk or Skim White Milk
Friday	Whole wheat Cereal		PanCakes w/ Syrup	Fruit low fat Yogurt Variety	Fresh Bananas Or Apples	Apple Sauce cup	100% juice Variety	1% White Milk or Skim White Milk