

# **2022/23 SECONDARY BREAKFAST MENU #1**

*Students must choose at least one Entrée and one serving of fruit!*

## **Choose ONE Entrée:**

Bagel & Cream Cheese

Bagel-fuls – Original, Cinnamon or Strawberry

Benefit Bar – Assorted Flavors

Bread Slice – Assorted Flavors

Cereal, 2oz - Assorted Flavors

Cinni Minis or Cinnamon Bun

Donuts - 6ct. Chocolate or Powdered

Donut, Glazed

Muffins, Large

Pancakes - Pillsbury Maple Burst or Eggo Blueberry

Pop-tart 2ct – Blueberry, Cinnamon, or Strawberry

Waffles, Eggo Mini – Cinnamon or Maple

## **Choose up to TWO different Fruits: (Students must choose at least one fruit)**

Fresh Fruit, Fruit Cup or 100% 4oz or 6oz Juice Cup

## **Choose ONE Milk**

1% White or FF Chocolate



***All breakfast entrees above include a choice of two different fruits (fresh, fruit cup or 100% fruit juice), and one 8oz milk.***

***\*Items may vary by day and school!***

## **2022/23 SECONDARY BREAKFAST MENU #2**

***Students must choose at least one Entrée and one serving of fruit!***

***Students must take at least 3 different items below!***

### **Choose ONE item below:**

Cereal Bar – Assorted Flavors

Muffins, Loaf (Small) – Assorted Flavors

Nutri-Grain Bar – Assorted Flavors

Pop-tart 1ct – Assorted Flavors

### **Choose ONE item below:**

Cinnamon Goldfish

Cheese Stick: Colby Jack, Mild Cheddar or Mozzarella

Yogurt Cup, 4oz

### **Choose up to TWO different Fruits: (Students must choose at least one fruit)**

Fresh Fruit, Fruit Cup or 100% 4oz or 6oz Juice Cup

### **Choose ONE Milk**

1% White or FF Chocolate

***All breakfast includes a choice of two different fruits (fresh, fruit cup or 100% fruit juice), and one 8oz milk.***

***\*Items may vary by day and school!***