

# High School (9-12) Breakfast Menu December 2018

## EVERYDAY CHOICES

Choice of Milk:  
Milk is defined as : Fat Free White, Fat Free Chocolate, Fat Free Strawberry and 1% White  
Rice Krispy Bar, Assorted Cereal Bars, Assorted Granola Bars, & Poptarts offered daily; All  
of these options are offered with Graham Crackers  
Bagel & Cream Cheese offered Daily

### LIMIT 1 JUICE

<p>3 Assorted Cereal or Assorted Muffins and Graham Crackers -Mini Maple Waffles &amp; Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>4 Assorted Cereal or Assorted Muffins and Graham Crackers -Bacon, Egg, &amp; Cheese on English Muffin -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>5 Assorted Cereal or Assorted Muffins and Graham Crackers -Breakfast Pizza -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>6 Assorted Cereal or Assorted Muffins and Graham Crackers -Egg &amp; Cheese on a Bagel -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>7 Assorted Cereal or Assorted Muffins and Graham Crackers -French Toast Sticks &amp; Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>
<p>10 Assorted Cereal or Assorted Muffins and Graham Crackers -Ham, Egg, &amp; Cheese on Bun -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>11 Assorted Cereal or Assorted Muffins and Graham Crackers -Eggo Mini Blueberry Pancakes w/ Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>12 Assorted Cereal or Assorted Muffins and Graham Crackers -Sausage, Egg, &amp; Cheese on Biscuit -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>13 Assorted Cereal or Assorted Muffins and Graham Crackers -Warm Apple Frudel -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>14 Assorted Cereal or Assorted Muffins and Graham Crackers -Bacon, Egg, &amp; Cheese Wrap -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>
<p>17 Assorted Cereal or Assorted Muffins and Graham Crackers -Mini Blueberry Waffles &amp; Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>18 Assorted Cereal or Assorted Muffins and Graham Crackers -Egg &amp; Cheese on English Muffin -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>19 Assorted Cereal or Assorted Muffins and Graham Crackers -Breakfast Pizza -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>20 Assorted Cereal or Assorted Muffins and Graham Crackers -Ham, Egg, &amp; Cheese on Bagel -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>21 Assorted Cereal or Assorted Muffins and Graham Crackers -Cinnamon Rush Mini French Toast with Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>
<p>24 NO SCHOOL</p>	<p>25 NO SCHOOL</p>	<p>26 NO SCHOOL</p>	<p>27 NO SCHOOL</p>	<p>28 NO SCHOOL</p>
<p>31 NO SCHOOL</p>			<p><b>Assorted Cereal choices may include some/all of the following:</b> Golden Grahams Cheerios Froot Loops Cocoa Puffs Trix Cinnamon Toast Crunch Frosted Flakes</p>	<p>Secondary Breakfast Prices: Full - \$1.85 Reduced - \$0.30</p>