



We're celebrating moving Breakfast back into the Cafeteria AND extending Breakfast after the bell at Broughal Middle School with a **Create Your Own "Banana Split" Yogurt Parfait** January 25th, 2019

Steps to creating your perfect "Banana Split" parfait:

- 1. Start with a ½ of a Banana in your boat**
- 2. Yogurt– CHOOSE TWO SCOOPS (one of each flavor or 2 of same)**
 - a. Vanilla
 - b. Strawberry
- 3. Fruit – CHOOSE TWO SCOOPS (two different or 2 scoops of one type)**
 - a. Strawberries
 - b. Blueberries
 - c. Sliced Banana
 - d. Mandarin Oranges
 - e. Pineapples
- 4. Grain - Choose ONE**
 - a. Granola
 - b. 2 packets Graham Crackers
- 5. Choose your other sides (optional)**
 - a. Choice of Milk
 - b. 100% Juice