

Monday

BREAKFAST- FREE TO ALL STUDENTS

Adults \$1.50

GRAB & GO CARTS IN ALL SCHOOLS

CART CHOICE: FIRST ITEM LISTED ON MENU/JUICE OR 2 OZ CEREAL/ JUICE (ALSO MAY TAKE FRESH FRUIT AND / OR MILK)

TRADITIONAL BREAKFAST SERVED IN DINING ROOM

Tuesday

Wednesday

Thursday

Friday

Sausage Biscuit 6
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Glazed Donut 7
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Cinnamon Cheese Bagel Breakfast Pizza (Cafeteria) 8
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Mini French Toast 9
French Toast Stick w/ Syrup (Cafeteria)
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Orange Dream Muffin 10
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Pancake on a Stick 13
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Apple Pie Pocket WG Biscuit w/ Gravy 14
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Chicken Biscuit 15
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Dutch Waffle 16
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Chocolate Chip Muffin 17
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

French Toast Bar Breakfast Pizza (Cafeteria) 20
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Sausage Biscuit 21
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Glazed Donut 22
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.



Chicken Biscuit 27
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Dutch Waffle 28
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Blueberry Muffin WG Biscuit with Gravy (Cafeteria) 29
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

Wow Jelly Jamwich Breakfast Pizza (Cafeteria) 30
May take one item listed below with toast:
Cereal, Pop Tart, or String Cheese
Must take fruit or fruit juice, but may take both.
May take milk.

People who don't eat breakfast often consume more calories throughout the day and are more likely to be overweight. That's because someone who skips breakfast is likely to get famished before lunchtime and snack on high-calorie foods or overeat at lunch.