

HIGH SCHOOL BREAKFAST MENU

Weekly breakfast choices include:

Choose 1 entrée (2 grains):

Cereal

Egg McWarrior

Muffin

Bagels w/cream cheese

Egg Pizza

Additional bi-weekly choices:

Texas Toast

Bagels w/cream cheese

Choose (1 fruit):

A Fruit is required with every breakfast

Fresh fruit

Fruit juice

Cupped fruit

Choose (1 milk):

1% white

Fat –free white

Fat-free chocolate

Fat-free strawberry

Benefits of Eating Breakfast

1. Increase Metabolism

2. Stimulate Intelligence

3. Enhance Mood

4. Maintain or Lose Weight

5. Enhance Immune System

Breakfast – the most important meal of the day! Fuel up for learning!

Breakfast Pricing –

\$1.50 Student price

Students qualifying for free or reduced benefits:

Free Breakfast

Eat Breakfast at School and Go Out and Change the World!

