

Fresh Eats

* Menus are subject to Change

High School Breakfast Menu

Director of Food and Nutrition: Daniel Pinchock

brockway@thenutritiongroup.biz

814.265.2333





Monday

- 8
 Chocolate Chip Muffin Flat Or
 Egg & Cheese Muffin Or
 Cinnamon French Toast Bites
 Applesauce, Grape Juice
 Fat Free Milk Choice
- 15 Strawberry Guava Or
 Egg & Cheese Muffin Or
 Cinnamon French Toast Bites
 Apple Sauce, Grape Juice
 Fat Free Milk Choice
- Assorted Benefit Bars Or
 Egg & Cheese Muffin Or
 Cinnamon French Toast Bites
 Applesauce, Grape Juice
 Fat Free Milk Choice
- Cinnamon Toast Bar Or
 Egg & Cheese Muffin Or
 Cinnamon French Toast Bites
 Applesauce, Grape Juice
 Fat Free Milk Choice

Tuesday

- Funnel Cake Or
 Breakfast Chicken Biscuit Or
 Mini Maple Waffle
 Sliced Peaches, Apple Juice
 Fat Free Milk Choice
- Cinnamon Toast Bar Or
 Breakfast Chicken Biscuit Or
 Mini Maple Waffle
 Slice Peaches, Apple Juice
 Fat Free Milk Choice
- Chocolate Chip Muffin Flat Or Breakfast Chicken Biscuit Or Mini Maple Waffle Slice Peaches, Apple Juice Fat Free Milk Choice
- Apple Roll Or
 Breakfast Chicken Biscuit Or
 Mini Maple Waffle
 Slice Peaches, Apple Juice
 Fat Free Milk Choice

Wednesday

- Banana Muffin Flat Or
 Sausage & Cheese Muffin Or
 Chocolate Chip Snaps
 Diced Pears, Orange Juice
 Fat Free Milk Choice
- Apple Roll Or
 Sausage & Cheese Muffin Or
 Chocolate Chip Snaps
 Diced Pears, Orange Juice
 Fat Free Milk Choice
- Funnel Cake Or
 Sausage & Cheese Muffin Or
 Chocolate Chip Snaps
 Diced Pears, Orange Juice
 Fat Free Milk Choice
- Assorted Benefit Bar Or
 Sausage & Cheese Muffin Or
 Chocolate Chip Snaps
 Diced Pears, Orange Juice
 Fat Free Milk Choice

Thursday

- Apple Roll Or
 Egg, Ham, Cheese Biscuit Or
 Mini French Toast
 Mandarin Oranges, Grape Juice
 Fat Free Milk Choice
- Goody Ring Or
 Egg, Ham, Cheese Biscuit Or
 Mini French Toast
 Mandarin Oranges, Grape Juice
 Fat Free Milk Choice
- Assorted Benefit Bar Or
 Egg, Ham, Cheese Biscuit Or
 Mini French Toast
 Mandarin Oranges, Grape Juice
 Fat Free Milk Choice
- Banana Muffin Flat Or
 Egg, Ham, Cheese Biscuit Or
 Mini French Toast
 Mandarin Oranges, Grape Juice
 Fat Free Milk Choice
- Chocolate Chip Muffin Or
 Egg, Ham, Cheese Biscuit Or
 Mini French Toast
 Mandarin Oranges, Grape Juice
 Fat Free Milk Choice

Friday

- Assorted Benefit Bar Or Egg & Cheese Muffin Or Cinnamon Pancakes Mixed Fruit, Apple Juice Fat Free Milk Choice
- Chocolate Chip Snaps Or
 Egg & Cheese Muffin Or
 Cinnamon Pancakes
 Mixed Fruit, Apple Juice
 Fat Free Milk Choice
- Chocolate Chip Muffin Flat Or
 Egg & Cheese Muffin Or
 Cinnamon Pancakes
 Mixed Fruit, Apple Juice
 Fat Free Milk Choice
- 26 Strawberry Guava Or
 Egg & Cheese Muffin Or
 Cinnamon Pancakes
 Mixed Fruit, Apple Juice
 Fat Free Milk Choice
- Funnel Cake Or

 Egg & Cheese Muffin Or

 Cinnamon Pancakes

 Mixed Fruit, Apple Juice

 Fat Free Milk Choice

OTHER DAILY OFFERINGS

Assorted Cereal w/Toast May Include: Lucky Charms, Cinnamon Toast Crunch, Cheerios & Cocoa Puffs Fresh & Canned Fruit May Include: Applesauce, Raisins, Banana, Craisins, Orange, Apple Slices, Peaches Assorted Fruit Juice May Include: Apple, Orange, Blue Raspberry, Fruit Punch & Grape Milk May Include: Fat Free Chocolate, Fat Free Strawberry, Fat Free Vanilla, Skim Milk

Additional Daily Breakfast Entrees
Tony's Sausage Breakfast Pizza
Yogurt W/ Assorted Crackers
Goody Ring Donut