



MENU CHANGE: School OPEN Wednesday January 27 - 29

Secondary (6–12) Breakfast Menu

Breakfast is free for all students! Full student breakfast includes choice of 2 grain components or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of 1% or skim white milk. You MUST take a fruit choice in order for your meal to be a complete breakfast. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast Comfort Foods	SNOW	SNOW	Assorted Cold Cereals w/ Graham Crackers Assorted Fresh Fruit Or Fruit Cup	Whole Grain Waffles w/Syrup Assorted Fresh Fruit Or Fruit Cup	Whole Grain Bagel w/Reduced Fat Cream Cheese Assorted Fresh Fruit Or Fruit Cup
 Everyone's Favorites	DAY	DAY	Yogurt Cup & Graham Cracker Assorted Fresh Fruit Or Fruit Cup	Cheesy Scrambled Eggs Whole Grain English Muffin Assorted Fresh Fruit Or Fruit Cup	Turkey Ham & Cheese Frittata Whole Grain Toast Assorted Fresh Fruit Or Fruit Cup
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Yogurt Cup Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
Food Focus					