



Secondary (6–12) Breakfast Menu

August 24–28

Breakfast is free for all students! Full student breakfast includes choice of 2 grain items 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	Yogurt Graham Crackers Fresh Orange	Whole Grain Cinnamon Peach Oatmeal 100% Fruit Punch	Chicken Sausage on a Whole Grain Biscuit Fresh Local Apple	Fresh Baked Whole Grain Blueberry Muffin Square Chilled Pears	French Toast Bake Made With Fresh Local Eggs Fresh Banana
 Everyone's Favorites	Cheesy Scrambled Eggs Made With Fresh Local Eggs Whole Grain English Muffin Fresh Orange	Turkey Ham & Cheese Frittata Made With Fresh Local Eggs Whole Grain Toast 100% Fruit Punch	Scrambled Eggs Made With Fresh Local Eggs Whole Grain Toast Fresh Local Apple	Turkey Ham and Cheese on a Whole Grain English Muffin Chilled Pears	Egg & Cheese on a Whole Grain Bagel Made With Fresh Local Eggs Fresh Banana
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
SIMPLY GOOD	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p>Food Focus</p> <p><i>Breakfast items now features Fresh, Local Eggs!</i></p> </div> <div style="text-align: center;">  </div> </div>				

USDA is an equal opportunity provider and employer.





SIMPLY GOOD

Secondary (6–12) Breakfast Menu August 31– September 4

Breakfast is free for all students! Full student breakfast includes choice of 2 grain items 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	String Cheese Graham Crackers Fresh Orange	Whole Grain Pancakes w/Syrup 100% Fruit Punch	Scrambled Egg Bar Made With Fresh Local Eggs Whole Grain Toast Fresh Local Apple	Turkey Sausage on a Whole Grain Bagel Chilled Pears	Whole Grain Cinnamon Biscuit Fresh Banana
 Everyone's Favorites	Chicken Sausage on a Whole Grain Biscuit Fresh Orange	Scrambled Eggs Made With Fresh Local Eggs Whole Grain Toast 100% Fruit Punch	Whole Grain Bagel w/Reduced Fat Cream Cheese Fresh Local Apple	Cheesy Scrambled Eggs Made With Fresh Local Eggs Whole Grain English Muffin Chilled Pears	Turkey Ham and Cheese on a Whole Grain English Muffin Fresh Banana
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
SIMPLY GOOD		Food Focus Breakfast items Now feature Fresh, Local Eggs!			

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Secondary (6 – 12) Breakfast Menu

September 7-11

Breakfast is free for all students! Full student breakfast includes choice of 2 grain items 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	Labor Day No School	Fresh Baked Whole Grain Blueberry Muffin 100% Fruit Punch	Whole Grain Cinnamon Biscuit Fresh Local Apple	Yogurt Graham Crackers Chilled Pears	Whole Grain Pancakes w/ Jelly Fresh Banana
 Everyone's Favorites		Turkey Ham & Cheese Frittata Made With Fresh Local Eggs Whole Grain Toast 100% Fruit Punch	Turkey Ham and Cheese on a Whole Grain Bagel Fresh Local Apple	Scrambled Eggs Made With Fresh Local Eggs Whole Grain English Muffin Chilled Pears	Chicken Sausage on a Whole Grain Biscuit Fresh Banana
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
SIMPLY GOOD		Food Focus Breakfast items Now feature Fresh, Local Eggs!			

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Secondary (6 – 12) Breakfast Menu

September 14-18

Breakfast is free for all students! Full student breakfast includes choice of 2 grain items 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	Yogurt Cup Graham Crackers Fresh Orange	Fresh Baked Whole Grain Blueberry Muffin Square 100% Fruit Punch	Whole Grain Bagel w/Reduced Fat Cream Cheese Fresh Local Apple	Mexican Scrambled Egg Bar Made With Fresh Local Eggs Whole Grain Tortilla Chilled Pears	French Toast Bake Made With Fresh Local Eggs Fresh Banana
 Everyone's Favorites	Cheesy Scrambled Eggs Made With Fresh Local Eggs Whole Grain English Muffin Fresh Orange	Egg & Cheese Sandwich on Whole Grain Bagel Made With Fresh Local Eggs 100% Fruit Punch	Scrambled Eggs Made With Fresh Local Eggs Whole Grain Toast Fresh Local Apple	Turkey Sausage on Whole Grain English Muffin Chilled Pears	Chicken Sausage on a Whole Grain Biscuit Fresh Banana
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
SIMPLY GOOD			Food Focus Breakfast items Now feature Fresh, Local Eggs!		

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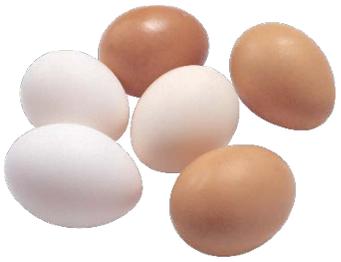




Secondary (6–12) Breakfast Menu

September 21–25

Breakfast is free for all students! Full student breakfast includes choice of 2 grain items 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	Yogurt Graham Crackers Fresh Orange	Whole Grain Cinnamon Peach Oatmeal 100% Fruit Punch	Chicken Sausage on a Whole Grain Biscuit Fresh Local Apple	Fresh Baked Whole Grain Blueberry Muffin Square Chilled Pears	French Toast Bake Made With Fresh Local Eggs Fresh Banana
 Everyone's Favorites	Cheesy Scrambled Eggs Made With Fresh Local Eggs Whole Grain English Muffin Fresh Orange	Turkey Ham & Cheese Frittata Made With Fresh Local Eggs Whole Grain Toast 100% Fruit Punch	Scrambled Eggs Made With Fresh Local Eggs Whole Grain Toast Fresh Local Apple	Turkey Ham and Cheese on a Whole Grain English Muffin Chilled Pears	Egg & Cheese on a Whole Grain Bagel Made With Fresh Local Eggs Fresh Banana
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
SIMPLY GOOD			Food Focus Breakfast items Now feature Fresh, Local Eggs!		



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Secondary (6–12) Breakfast Menu

September 28 – Oct 2

Breakfast is free for all students! Full student breakfast includes choice of 2 grain items 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	String Cheese Graham Crackers Fresh Orange	Whole Grain Waffle w/Syrup 100% Fruit Punch	Scrambled Egg Bar Made With Fresh Local Eggs Whole Grain Toast Fresh Local Apple	Turkey Sausage on a Whole Grain Bagel Chilled Pears	Whole Grain Cinnamon Biscuit Fresh Banana
 Everyone's Favorites	Chicken Sausage on a Whole Grain Biscuit Fresh Orange	Scrambled Eggs Made With Fresh Local Eggs Whole Grain Toast 100% Fruit Punch	Whole Grain Bagel w/Reduced Fat Cream Cheese Fresh Local Apple	Cheesy Scrambled Eggs Made With Fresh Local Eggs Whole Grain English Muffin Chilled Pears	Turkey Ham and Cheese on a Whole Grain English Muffin Fresh Banana
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
SIMPLY GOOD			Food Focus Breakfast items Now feature Fresh, Local Eggs!		

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