Secondary (6—12) Breakfast Menu November 30–December 4

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
SIMPLY GOOD breakfast Breakfast Comfort Foods	Whole Grain Bagel w/Reduced Fat Cream Cheese 100% Fruit Punch	Fresh Baked Whole Grain Blueberry Muffin Square Fresh Orange	Whole Grain Cinnamon Biscuit Fresh Local Apple	Whole Grain Pancakes w/Syrup Pineapple Cup	PD Day No School
 Everyone's Favorites	Cheesy Scrambled Eggs Whole Grain English Muffin 100% Fruit Punch	Turkey Ham & Cheese Frittata Whole Grain Toast Fresh Orange	Chicken Sausage on Whole Grain Biscuit Fresh Local Apple	Scrambled Eggs Whole Grain English Muffin Pineapple 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					

USDA is an equal opportunity provider and employer.

Secondary (6—12) Breakfast Menu December 7 – 11

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
SIMPLY GOOD breakfast Breakfast Comfort Foods	French Toast Bake 100% Fruit Punch	Fresh Baked Whole Grain Blueberry Muffin Square Fresh Orange	Whole Grain Bagel w/Reduced Fat Cream Cheese Fresh Local Apple	Mexican Scrambled Egg Bar Whole Grain Toast Chilled Pears	Whole Grain Banana Muffin String Cheese Fresh Banana
 Everyone's Favorites	Cheesy Scrambled Eggs Whole Grain English Muffin 100% Fruit Punch	Whole Grain Cinnamon Biscuit Fresh Orange	Scrambled 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 Yogurt Cup Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
Food Focus					

USDA is an equal opportunity provider and employer.

Secondary (6—12) Breakfast Menu December 14 – 18

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
SIMPLY GOOD breakfast Breakfast Comfort Foods	Whole Grain Waffles w/Syrup 100% Fruit Punch	Whole Grain Cinnamon Peach Oatmeal Fresh Orange	Whole Grain Bagel w/Reduced Fat Cream Cheese Fresh Local Apple	Fresh Baked Whole Grain Blueberry Muffin Square Chilled Pears	French Toast Bake Fresh Banana
 Everyone's Favorites	Cheesy Scrambled Eggs Whole Grain English Muffin 100% Fruit Punch	Turkey Ham & Cheese Frittata Whole Grain Toast Fresh Orange	Scrambled Eggs Whole Grain English Muffin Fresh Local Apple	Chicken Sausage on a Whole Grain Biscuit Chilled Pears	Whole Grain Cinnamon Biscuit Fresh Banana
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					

USDA is an equal opportunity provider and employer.

Secondary (6—12) Breakfast Menu December 21 – 25

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
SIMPLY GOOD breakfast Breakfast Comfort Foods	HAPPY HOLIDAYS!!				
 Everyone's Favorites					
Available Daily					
Food Focus					

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