



# High School Breakfast Menu

Breakfast is served in the school cafeteria daily.

Student Breakfast cost \$1.65 or \$0.30 reduced. Adults \$2.00

## HOT BREAKFAST MENU

Meal includes hot entrée, fruit, and/or 100% fruit juice, and milk. Students must take a fruit and/or juice to qualify for the meal price. *(Students may deny Milk)*

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Pancakes	Mini Cinnamon Rolls	Grandma's Blueberry Vanilla Bites with Yogurt	Mini Powered Donuts	Strawberry Nutri-Grain Bar with String Cheese

*\*Menu is subject to change\**

## DAILY BREAKFAST MENU

- Breakfast Cereal Kit (Includes Whole Grain Cereal, Whole Grain Snack and 100% Fruit Juice)
- Fruit and/or 100% Fruit Juice
- Milk

Must have **3-5 items** on tray, with at least one item being a fruit and/or juice to qualify for the meal pricing.

*Breakfast is served in all buildings on 2-hour delays – menus may be altered to accommodate.*

## BENEFITS OF BREAKFAST

- Children who eat breakfast are more likely to behave better in school.
- Breakfast improves attention, problem-solving tasks, and memory.
- Eating breakfast can help improve math, reading, and standardized test scores.
- Studies have shown that children who eat breakfast regularly are less likely to be overweight.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

**FREE MEALS! Exciting News!** The USDA has approved a nationwide waiver due to the ongoing COVID-19 pandemic that provides ALL students, regardless to socioeconomic status, FREE meals at school. Take advantage and fuel your child at no cost! A la Carte prices still apply.

