



# High School Breakfast Menu

Breakfast is served in the school cafeteria daily.

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

## SHIELD SPECIALTY BREAKFAST MENU

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
CHERRY FRUDEL	SAUSAGE BREAKFAST PIZZA	WARM MINI CINNIS	EGG & BACON BOSCO STICKS W/ SALSA CUP	CHOCOLATE OR GRAPE FILLED CRESCENT

## DAILY BREAKFAST MENU

- Continental Breakfast Bar featuring: Muffin and Bagel Assortment, Cereal Varieties, Pop-tarts, Cereal/Breakfast Bars, and Yogurt
- Fruit & Granola Yogurt Parfaits
- 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.

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