



MENU

Middle and Highschool Breakfast



MONDAY

Breakfast Bowls
(Tatar Squares, Eggs,
Bacon, Cornbread)

TUESDAY

**Whole Grain Rich
Breakfast Pizza**

WEDNESDAY

**Whole Grain Rich
Breakfast Croissants**

THURSDAY

**Whole Grain
Rich Biscuit
Sandwiches**

FRIDAY

**Whole Grain
Breakfast
Tornados**



Meals are set up according to SBP Guidelines

Offered Daily

100% NYS Juice
Fresh Fruits
Yogurt Breakfast Bar
Whole Grain Breads
Whole Grain Donuts
Whole Grain Muffins

All Breakfasts are **FREE** of Charge
Extras can be purchased separately

Daily Calorie limits: 450-550
1 cup of Fruits
1 Grain Eq.
1 Cup Milk

