



High School Breakfast Menu

October 2017

2
Egg, Chicken Ham & Cheddar Flatbread
 Banana Muffin Bag
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Apple Slices, Diced Peaches
 Apple Juice

3
Mini Cinnis
 Banana Muffin Bag
 Smoothies!!
 Strawberry Cream Cheese Bagel

side items
 Apple, Orange, Banana, Mixed Fruit
 Orange Juice

4
Omelet Bar
 Banana Muffin Bag
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Cantaloupe, Applesauce
 Fruit Juice

5
French Toast Sticks
 Banana Muffin Bag
 Smoothies!!
 Strawberry Cream Cheese Bagel

side items
 Apple, Orange, Red Grapes, Raisins
 Apple Juice

6
Home Made Waffle Bar
 Banana Muffin Bag
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Pear, Diced Peaches
 Grape Juice

9
COLUMBUS DAY!!
 SCHOOL CLOSED

side items

10
Turkey Pancake Wrap
 Chocolate Muffin/Bagel
 Smoothies!!
 Strawberry Cream Cheese Bagel

side items
 Apple, Orange, Banana, Mixed Fruit
 Orange Juice

11
Omelet Bar
 Chocolate Muffin/Bagel
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Cantaloupe, Applesauce
 Fruit Juice

12
Cheese & Chicken Sausage Quesadilla
 Chocolate Muffin/Bagel
 Smoothies!!
 Strawberry Cream Cheese Bagel

side items
 Apple, Orange, Red Grapes, Raisins
 Apple Juice

13
Home Made Waffle Bar
 Chocolate Muffin/Bagel
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Pear, Diced Peaches
 Grape Juice

16
Chicken Ham & Egg Biscuit
 Apple Cinnamon Muffin/Bagel
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Apple Slices, Diced Peaches
 Apple Juice

17
Apple Frudel
 Apple Cinnamon Muffin/Bagel
 Smoothies!!
 Strawberry Cream Cheese Bagel

side items
 Apple, Orange, Banana, Mandarin Oranges
 Orange Juice

18
Omelet Bar
 Apple Cinnamon Muffin/Bagel
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Watermelon, Diced Peaches
 Fruit Juice

19
Glazed Cinnamon Roll
 Apple Cinnamon Muffin/Bagel
 Smoothies!!
 Strawberry Cream Cheese Bagel

side items
 Apple, Orange, Honeydew, Applesauce
 Apple Juice

20
Home Made Waffle Bar
 Apple Cinnamon Muffin/Bagel
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Red Grapes, Diced Pineapple
 Grape Juice

23
Sausage & Egg Bagel
 Blueberry Muffin/Bagel
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Apple Slices, Diced Peaches
 Apple Juice

24
Triple Berry French Toast
 Blueberry Muffin/Bagel
 Smoothies!!
 Strawberry Cream Cheese Bagel

side items
 Apple, Orange, Banana, Mixed Fruit
 Orange Juice

25
Omelet Bar
 Blueberry Muffin/Bagel
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Cantaloupe, Applesauce
 Fruit Juice

26
Breakfast Taco
 Blueberry Muffin/Bagel
 Smoothies!!
 Strawberry Cream Cheese Bagel

side items
 Apple, Orange, Red Grapes, Raisins
 Apple Juice

27
Home Made Waffle Bar
 Blueberry Muffin/Bagel
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Pear, Diced Peaches
 Grape Juice

30
Grilled Ham & Cheese Sandwich
 Chocolate Muffin/Bagel
 Smoothies!!
 Cinnamon Cream Cheese Bagel

side items
 Apple, Orange, Apple Slices, Diced Peaches
 Apple Juice

31
Maple Mini Waffles
 Chocolate Muffin/Bagel
 Smoothies!!
 Strawberry Cream Cheese Bagel

side items
 Apple, Orange, Banana, Mandarin Oranges
 Orange Juice

1

side items

2

side items

3

side items

SAVE TIME!!
 We accept Checks/Credit/Debit Cards online!!
www.myschoolbucks.com

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

Paid \$2.15 Reduced \$3.30

Menus subject to change!!

Check out our new smoothies & made to order yogurt parfait bar!!



Cereals
 Assorted cereals available every day!



Milk Choices
 1% White, Skim White, Skim Chocolate