



# High School Breakfast Menu

December 2018

3

Egg & Cheese English Muffin  
Chocolate Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Cinnamon Cream Cheese Bagel  
Apple, Orange, Fresh Pear, Diced Pears, Grape Juice

4

French Toast Sticks  
Chocolate Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Strawberry Cream Cheese Bagel  
Apple, Orange, Honeydew, Mixed Fruit Cup, Apple Juice

5

Omelet Bar  
Chocolate Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Cinnamon Cream Cheese Bagel  
Apple, Orange, Apple Slices, Applesauce, Orange Juice

6

Glazed WG Cinnamon Roll  
Chocolate Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Strawberry Cream Cheese Bagel  
Apple, Orange, Fresh Strawberries, Raisins, Fruit Juice

7

Home Made Waffle Bar  
Chocolate Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Cinnamon Cream Cheese Bagel  
Apple, Orange, Red Grapes, Diced Peaches, Apple Juice

10

Turkey Sausage, Egg & Cheese Biscuit  
Blueberry Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Cinnamon Cream Cheese Bagel  
Apple, Orange, Fresh Pear, Diced Pears, Grape Juice

11

Three Cheese Mexi Flatbread  
Blueberry Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Strawberry Cream Cheese Bagel  
Apple, Orange, Cantaloupe, Mixed Fruit Cup, Apple Juice

12

Omelet Bar  
Blueberry Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Cinnamon Cream Cheese Bagel  
Apple, Orange, Apple Slices, Applesauce, Orange Juice

13

Sausage Egg & Cheese Sliders  
Blueberry Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Strawberry Cream Cheese Bagel  
Apple, Orange, Watermelon, Mandarin Oranges, Fruit Juice

14

Home Made Waffle Bar  
Blueberry Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Cinnamon Cream Cheese Bagel  
Apple, Orange, Red Grapes, Diced Peaches, Apple Juice

17

Breakfast Burrito  
Banana Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Cinnamon Cream Cheese Bagel  
Apple, Orange, Fresh Pear, Diced Pears, Grape Juice

18

French Toast Sticks  
Banana Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Strawberry Cream Cheese Bagel  
Apple, Orange, Cantaloupe, Mixed Fruit Cup, Apple Juice

19

Omelet Bar  
Banana Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Cinnamon Cream Cheese Bagel  
Apple, Orange, Apple Slices, Applesauce, Orange Juice

20

Cheese & Chicken Sausage Quesadilla  
Banana Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Strawberry Cream Cheese Bagel  
Apple, Orange, Watermelon, Raisins, Fruit Juice

21

Home Made Waffle Bar  
Banana Muffin/1bagel  
Yogurt Parfait Bar  
Smoothies  
Cinnamon Cream Cheese Bagel  
Apple, Orange, Red Grapes, Diced Peaches, Apple Juice

24

**SCHOOL CLOSED!!**

25

**SCHOOL CLOSED!!**

26

**SCHOOL CLOSED!!**

27

**SCHOOL CLOSED!!**

28

**SCHOOL CLOSED!!**

31

**SCHOOL CLOSED!!**

1

**SCHOOL CLOSED!!**

2

Omelet Bar  
Apple Cinnamon Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Cinnamon Cream Cheese Bagel  
Apple, Orange, Apple Slices, Applesauce, Orange Juice

3

Triple Berry French Toast  
Apple Cinnamon Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Strawberry Cream Cheese Bagel  
Apple, Orange, Watermelon, Mandarin Oranges, Fruit Juice

4

Home Made Waffle Bar  
Apple Cinnamon Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Cinnamon Cream Cheese Bagel  
Apple, Orange, Red Grapes, Diced Peaches, Apple Juice

Check it out.....

We now offer a hot cereal every morning – Oatmeal or Grits!!

WG Poptarts, WG Cold Cereal & Yogurt Parfait Bar are available daily!!