



High School Breakfast Menu

January 2019

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

7

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

8

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

9

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

10

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

11

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

14

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

15

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

16

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

17

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

18

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

21

SCHOOL CLOSED!!

22

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

23

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

24

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

25

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

28

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

29

Glazed WG Cinnamon Roll
Chocolate Muffin/Bagel
Yogurt Parfait Bar
Smoothies
Strawberry Cream Cheese Bagel
Apple, Orange, Honeydew, Mixed Fruit
Cup, Apple Juice

30

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

31

Turkey Pancake Wrap
Chocolate Muffin/Bagel
Yogurt Parfait Bar
Smoothies
Strawberry Cream Cheese Bagel
Apple, Orange, Fresh Strawberries,
Raisins, Fruit Juice

1

Home Made Waffle Bar
Chocolate 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!!