



# High School Breakfast Menu

## October 2018

1

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

2

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

3

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

4

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

5

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

8

**SCHOOL CLOSED!!**

9

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

10

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

11

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

12

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

15

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

16

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

17

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

18

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

19

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

22

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

23

Breakfast Taco  
Apple Cinnamon Muffin/Bagel  
Yogurt Parfait Bar  
Smoothies  
Strawberry Cream Cheese Bagel  
Apple, Orange, Cantaloupe, Mixed  
Fruit Cup, Apple Juice

24

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

25

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

26

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

29

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

30

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

31

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

1

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

2

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 & Cold Cereal  
are available daily!!**