




MIDDLE/HIGH SCHOOL BREAKFAST

MAY 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Balanced Choice ³  SCRAMBLED EGGS TOAST APPLE GRAPE JUICE	⁴ CEREAL PEANUT BUTTER TOAST MANDARIN ORANGE	⁵ PANCAKE STICK PINEAPPLE Breakfast only Today	⁶ LONG JOHN PEACHES	⁷ CEREAL COFFEECAKE APPLE RINGS
Balanced Choice ¹⁰  CEREAL TOAST / JELLY ORANGE PINEAPPLE JUICE	¹¹ BREAKFAST BURRITO PEANUT BUTTER TOAST APPLESAUCE	¹² CEREAL DONUT PINEAPPLE	¹³ YOGURT TOAST / JELLY strawberries	¹⁴ BISCUITS & GRAVY MANDARIN ORANGES
¹⁷ CHEESY BREAKFAST BAGEL PEARS	¹⁸ WAFFLES w/ strawberry sauce MANDARIN ORANGES	Balanced Choice ¹⁹  CEREAL BAGEL BANANA GRAPE JUICE	²⁰ CHEESY TOAST EGG PATTY APPLESAUCE	²¹ BISCUITS & GRAVY FRUIT COCKTAIL
²⁴ CEREAL CHEESE DREAMS ORANGE	²⁵ BREAKFAST PIZZA FRUIT	²⁶ PASTRY FRUIT	²⁷ NO SCHOOL!! FOR MIDDLE & HIGH SCHOOL	²⁸
	GET PLENTY OF EXERCISE THIS SUMMER			Be your best By starting each Day with BREAKFAST!!

Available Daily
 Variety of Milk Choice:
 1% White , Chocolate Skim
 Strawberry Skim

Super Food of the Month
 Strawberries
 Excellent source of vitamin C. Just 8
 medium berries supply over 90% of RDA
 if vitamin C. they also supply some
 potassium, folate, and B vitamins

Prices
 Student . . . \$1.30
 Reduced . . . \$.30
 Adult . . . \$1.70

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