





September 2013

High School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL FOR STUDENTS 	3 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	4 Waffles & Syrup Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	5 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	6 **Sausage Biscuit Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait
9 Sunrise Flatbread Pizza Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	10 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	11 COLLABORATIVE DAY Eggo Maple Minis Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	12 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	13 **Sausage Biscuit Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait
16 **Breakfast Pizza Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	17 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	18 French Toast Sticks & Syrup Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	19 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	20 **Sausage Biscuit Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait
23 Sunrise Flatbread Pizza Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	24 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	25 Pancakes & Syrup Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	26 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	27 **Sausage Biscuit Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait
30 **Breakfast Pizza Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait				

MEALTIME MESSAGE

Breakfast \$1.25

Fruit and/or Juice also offered daily with Breakfast.

Assorted Milk Choices Available Daily for Breakfast and Lunch:
1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

Fun Facts About Pancakes:

The first recipe for pancakes was listed in the 15th century, in an English cookbook.

The world's largest pancake was cooked in Roch-dale, Manchester in the year 1994, which was around 15 meters in diameter, weighed 3 tons, and had a whopping two million calories.

William Shakespeare loved pancakes so much, that he mentioned them in his plays!

** Contains Pork

Menu Items subject to change based upon availability.



Nondiscrimination Statement: This institution is an equal opportunity provider.
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