MIDDLE & HIGH SCHOOL BREAKFAST

Breakfast is served daily at both the middle and high school. They are offered a variety of items daily.

Students must take at least ½ cup of fruit or juice with each meal. And must take at least 3 of 4 items offered.

Milk and juice are offered daily with at least one alternate fruit choice (they may always take the milk and both the fruit\* and juice offerings). \*Except with the new breakfast fruit and yogurt smoothie, the fruit is blended in with the yogurt and counts as a fruit choice.

Along with the milk, fruit and juice offered daily; below are some of the items offered either daily or at different times during the week.

Muffins, cold cereal, donuts, honey buns, pop tarts (all offered daily)

Hot biscuit sandwiches; such as, sausage egg & cheese, bacon egg & chz and other options available daily.

Biscuits and gravy with sausage, at least once per week.

Pancake on a stick, French toast, pancakes and sausage, eggs and toast, breakfast smoothies are all offered on a limited basis weekly.