

# **HIGH SCHOOL BREAKFAST MENU**

**MONDAY:** Breakfast pizza (46 g)

**TUESDAY:** English muffin (24 g) sandwich with egg (1 g),  
sausage (1 g) and cheese (1 g)

**WEDNESDAY:** Sausage biscuit sandwich (25 g)

**THURSDAY:** French toast or pancakes (29 g) with syrup (31 g)

**FRIDAY:** Bagel (29 g) sandwich with egg (1 g), sausage (1 g)  
and cheese (1 g)

## **GRAB AND GO OPTIONS**

2 Pop Tarts™ (74 g)

Cereal (22 g) and cheese stick (1 g)

Super Donut (23 g) and cheese stick (1 g)

Super Bun (37 g)

Bagel (29 g) with cream cheese (1 g)

**1 cup fruit or ½ cup 100% fruit juice and ½ cup fruit and milk  
served with items listed above.**

**Must take at least ½ cup fruit or juice with main item to  
count as a breakfast.**