

DECEMBER 2018



**S.H.C.S.D. SCHOOL DISTRICT
BREAKFAST MENU**

Monday

Tuesday

Wednesday

Thursday

Friday

What is a Meal?

You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein

Choice of fruit or vegetable

(must take at least a 1/2 cup)

and

Choice of Milk

Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch

Trix

Cocoa Puffs

Fruity Cheerios

Rice Crunch

Kix

Cheerios

Fruit Loops

Frosted Flakes

Served with Toast or Muffin



The HS Breakfast Cart is an alternative to the Cafeteria. If a student doesn't have time to rush to the Cafeteria they can purchase their Breakfast at the Cart and eat with their Friends in the hallway. There's Breakfast Sandwiches everyday along with Donuts on Monday and Smoothies every Friday!
Start your day out right with BREAKFAST!

3

Assorted Cereals w/Muffin or Toast or Mini Cinn

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

F

4

Breakfast Pizza or Assorted Cereals w/Muffin or Toast

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

A

5

Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

B

6

Waffle w/Bacon or Assorted Cereals w/Muffin or Toast

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

C

7

Assorted Cereals w/Muffin or Toast or Whole Grain Donuts

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

D

10

Assorted Cereals w/Muffin or Toast or Mini Cinn

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

E

11

Breakfast Craveable or Assorted Cereals w/Muffin or Toast

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

F

12

Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

A

13

Pancake w/Sausage Link or Assorted Cereals w/Muffin or Toast

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

B

14

Assorted Cereals w/Muffin or Toast or Whole Grain Donuts

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

C

17

Assorted Cereals w/Muffin or Toast or Mini Cinn

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

D

18

Pancake on a Stick or Assorted Cereals w/Muffin or Toast

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

E

19

Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

F

20

Scrambled Eggs w/Muffin or Toast or Assorted Cereals w/Muffin or Toast

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

A

21

Assorted Cereals w/Muffin or Toast or Whole Grain Donuts

Assorted 100% Fruit Juice

Choice of Fruit

Choice of Milk

B

BREAKFAST PRICES:

HS/MS \$1.30
Elementary \$1.20
Reduced \$.30
Adult \$2.00



General Manager:
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USDA is an equal opportunity provider and employer.



**The Cafeteria Staff
wishes
All Students, Teachers
and their Families
a Joyous Christmas!**

