

**JANUARY 2019**



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

**What is a Breakfast 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

**BREAKFAST PRICES:**

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



**General Manager:**  
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**Monday**



**7**

Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

F

**14**

Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

E

**21**

Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

D

**28**

Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

C

**Tuesday**

**1**

January 1st -  
**WINTER BREAK**  
\*\*\*\*\*  
January 2nd  
Classes  
Resume!

**8**

Breakfast  
Pizza  
or  
Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

A

**15**

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

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

F

**22**

Breakfast  
Pizza  
or  
Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

E

**29**

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

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

D

**Wednesday**

**2**

Dutch  
Waffle Wednesday  
or  
Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk  
C

**9**

Dutch  
Waffle Wednesday  
or  
Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

B

**16**

Dutch  
Waffle Wednesday  
or  
Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

A

**23**

Dutch  
Waffle Wednesday  
or  
Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

F

**30**

Dutch  
Waffle Wednesday  
or  
Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

E

**Thursday**

**3**

Cherry Strudel  
or  
Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk  
D

**10**

French Toast Sticks  
w/Sausage  
or  
Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

C

**17**

Breakfast  
Craveable  
or  
Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

B

**24**

Waffles  
with Syrup  
or  
Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

A

**31**

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

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

F

**Friday**

**4**

Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk  
E

**11**

Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

D

**18**

Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

C

**25**

Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

B

**Feb. 1st**

Assorted Cereals  
w/Muffin or Toast

Assorted 100% Fruit Juice  
Choice of Fruit & Milk

A