

FEBRUARY 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:
 Mishell Schlegel
Phone Number:
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>4 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk A</p>	<p>Rise & Shine-It's BREAKFAST TIME! Eating Breakfast gives you energy to learn and play all morning long!</p> <p>5 Breakfast Pizza or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk B</p>	<p>6 Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk C</p>	<p>7 Fruit Strudel or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk D</p>	<p>1 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk F</p>
<p>11 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk F</p>	<p>12 Scrambled Eggs w/Toast or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk A</p>	<p>13 Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk B</p>	<p>14 French Toast Sticks w/Syrup or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk EARLY DISMISSAL at 11:45 C</p>	<p>8 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk E</p>
<p>18 PRESIDENT'S DAY NO SCHOOL</p>	<p>19 Breakfast Pizza or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk E</p>	<p>20 Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk F</p>	<p>21 Waffles with Syrup or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk A</p>	<p>22 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk B</p>
<p>25 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk C</p>	<p>26 Pancake on a Stick or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk D</p>	<p>27 Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk E</p>	<p>28 Pancake w/Sausage Link or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk F</p>	