



APRIL 2019: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	EGG SANDWICH	FROM THE GRIDDLE	NEW YORK THURSDAY	BAKERY FRESH
1	2	3	New York Thursday 4	5
Assorted Muffins Land O'Lakes® Colby Cheese Stick Egg Sandwich* Spiced Oatmeal 100% Fruit Juice Fresh Fruit	Yogurt Bar Egg & Turkey Sausage Sandwich Bagel Bar** 100% Fruit Juice Fresh Fruit	Tasty Waffles Served with Syrup Turkey Canadian Bacon Spiced Oatmeal Bagel Bar** 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Yogurt Parfait Egg Sandwich* 100% Fruit Juice Fresh New York Apples	Cinnamon Twist Cheese Omelet Back to the Roots® Purple Corn Flakes Bagel Bar** 100% Fruit Juice Fresh Fruit
8	9	10	New York Thursday 11	12
Blueberry Muffin Land O'Lakes® Cheddar Cheese Stick Egg Sandwich* Spiced Oatmeal 100% Fruit Juice Fresh Fruit	Yogurt Bar Turkey Canadian Bacon, Egg & Cheese on a Buttermilk Biscuit Bagel Bar** 100% Fruit Juice Fresh Fruit	Buttermilk Pancakes Served with Syrup Turkey Sausage Patty Spiced Oatmeal Bagel Bar** 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Yogurt Parfait Egg Sandwich* 100% Fruit Juice Fresh New York Apples	Cinnamon Twist Beef Sausage & White Cheddar Sandwich Bagel Bar** 100% Fruit Juice Fresh Fruit
15	16	17	New York Thursday 18	Spring Recess 19
Banana Muffin Land O'Lakes® Mozzarella Cheese Stick Egg Sandwich* Spiced Oatmeal 100% Fruit Juice Fresh Fruit	Yogurt Bar Turkey Sausage, Egg & Cheese on Ciabatta Bread Bagel Bar** 100% Fruit Juice Fresh Fruit	Cinnamon Burst Pancakes Served with Syrup Turkey Canadian Bacon Spiced Oatmeal Bagel Bar** 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Upstate Farms® Yogurt Choice Egg Sandwich* 100% Fruit Juice Fresh New York Apples	Hot Cinnamon Knot Turkey Sausage Patty Back to the Roots® Cinnamon Cluster Bagel Bar** 100% Fruit Juice Fresh Fruit
Spring Recess 22	Spring Recess 23	Spring Recess 24	Spring Recess 25	Spring Recess 26
Assorted Muffins Land O'Lakes® Colby Cheese Stick Egg Sandwich* Spiced Oatmeal 100% Fruit Juice Fresh Fruit	Yogurt Bar Egg & Turkey Sausage Sandwich Bagel Bar** 100% Fruit Juice Fresh Fruit	Tasty Waffles Served with Syrup Turkey Canadian Bacon Spiced Oatmeal Bagel Bar** 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Yogurt Parfait Egg Sandwich* 100% Fruit Juice Fresh New York Apples	Cinnamon Twist Cheese Omelet Back to the Roots® Purple Corn Flakes Bagel Bar** 100% Fruit Juice Fresh Fruit
29	30			
Blueberry Muffin Land O'Lakes® Cheddar Cheese Stick Egg Sandwich* 100% Fruit Juice Fresh Fruit	Yogurt Bar Turkey Canadian Bacon, Egg & Cheese on a Buttermilk Biscuit Bagel Bar** 100% Fruit Juice Fresh Fruit	Fresh New York Bagel Stick Varieties Blueberry Cinnamon Raisin Cranberry French Toast Multigrain Plain Poppy	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Bagel Bar An Assortment of Bagel Varieties & Spreads including Hummus, Peanut Butter, Cream Cheeses and Jelly Egg Sandwich Plain Egg Omelet with Cheese on a Soft Bun, English Muffin or Buttermilk Biscuit

Milk 1% Low-fat Fat Free Fat Free Chocolate Grab and Go Breakfast Pack	Fresh Fruit Canned Fruit Peaches, Pears, Pineapples	OFFERED DAILY No Artificial flavors, colors, or sweeteners in all SchoolFood Products High School Breakfast Menu	100% Fruit Juice Apple, Fruit Punch, Grape, Orange Breakfast Dipping Sauces: Ketchup, Hot Sauce, Salsa	Cold Cereal Choices Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Back to the Roots® Organic Purple Corn Flakes & Cinnamon Clusters
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