

High School Breakfast Menu

Monday

**Hot Pocket or
Colby Cheese Omelet / English muffin
Assorted Cereal
Bagel / Cream Cheese or Peanut Butter
Assorted Fruit / Fruit Juice
Milk**

Tuesday

**The Panther Morning Sandwich
(Hash Brown & Ham Slice in an English muffin with Cheese)
Or French toast Sticks/ Syrup
Assorted Cereal
Bagel/ Cream Cheese or Peanut Butter
Assorted Fruit / Fruit Juice
Milk**

Wednesday

**Breakfast Burrito
(EGG & CHEESE OR EGG, HAM, CHEESE & PEPPER)
IN A WARM TORTILLA WITH SALSA
Yogurt Parfait with Homemade Cinnamon Whole Wheat Coffee Cake
Assorted Cereal
Bagel / Cream Cheese or Peanut Butter
Assorted Fruit/ Fruit Juice
Milk**

Thursday

**Egg & Cheese & Ham English muffin Sandwich
Home Fries
Assorted Cereal
Bagel / Cream Cheese or Peanut Butter
Assorted Fruit / Fruit Juice
Milk**

Friday

**Sausage & Cheese Biscuit or
Pancake & Sausage Sandwich with Syrup
Assorted Cereal
Bagel/ Cream Cheese or Peanut Butter
Assorted Fruit / Fruit Juice
Milk**