

# **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**

