



**HIGH SCHOOL BREAKFAST  
CARB COUNT**

**BREAKFAST – 1.85    ADULT - \$2.30  
LUNCH - \$3.00        ADULT - \$4.00  
MILK - \$.60**

<b>JUICE OPTIONS</b>	<b>GRAB AND GO BREAKFAST OPTIONS</b>	
Capri Sun – Apple Juice – 20g	BeneFit Oatmeal Chocolate Chip Bar – 47g	Yoplait 4 oz yogurt – 15g
Capri Sun – Fruit Punch – 21g	BeneFit Apple Blueberry Chip Bar – 48g	Upstate Farms 8oz Yogurt – Peach – 38g
Capri Sun – Berry Juice – 21g	Nutri Grain Bars – Apple, Blueberry Strawberry – 30g	Upstate Farms 8 oz Yogurt – Straw/Ban – 37g
Juicy Juice 4.23 oz.- Apple – 15g	General Mills Cereal Bars – 30g	Cinnamon Toast Crunch – 22g
Juicy Juice – 4.23 oz -. Fruit Punch – 15g	Kellogg’s Pop-tarts (2pack) – 76g	Cocoa Puffs -25g
	Muffins – 2 oz – 27g / 4 oz – 61g	Cocoa Krispies – 28g
Sun Cups – 6.75 oz. Fruit Punch, Grape, Berry – 33g	Strudel – Apple – 36g/ Cherry – 37g	Reese’s Puff (21g)
		Lucky Charms (23g)
		Apple Jacks (24g)

	<b>March 1</b>	<b>March 2</b>	<b>March 3</b>	<b>March 4</b>	<b>March 5</b>
<b>CHOICE 1</b>	French Toast Sticks French Toast Sticks (Feeser’s) (24g) Syrup (43g)	Mini Donuts Bake Crafters WG Choc. donuts 41 g		French Toast Sticks French Toast Sticks (Feeser’s) (24g) Syrup (43g)	Mini Donuts Bake Crafters WG Choc. donuts 41 g
<b>CHOICE 2</b>	Grab N Go Breakfast	Grab N Go Breakfast		Grab N Go Breakfast	Grab N Go Breakfast

	<b>March 8</b>	<b>March 9</b>	<b>March 10</b>	<b>March 11</b>	<b>March 12</b>
<b>CHOICE 1</b>	Mini Pancakes Pillsbury Mini Pancakes (37g) Syrup (43g)	WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin ( 30g) Blueberry (30) Chocolate Chip (32g)		Mini Pancakes Pillsbury Mini Pancakes (37g) Syrup (43g)	WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin ( 30g) Blueberry (30) Chocolate Chip (32g)
<b>CHOICE 2</b>	Grab N Go Breakfast	Grab N Go Breakfast		Grab N Go Breakfast	Grab N Go Breakfast

	<b>February 15</b>	<b>February 16</b>	<b>February 17</b>	<b>February 18</b>	<b>February 19</b>
<b>CHOICE 1</b>	French Toast Sticks French Toast Sticks (Feeser’s) (24g) Syrup (43g)	Mini Donuts Bake Crafters WG Choc. donuts 41 g		French Toast Sticks French Toast Sticks (Feeser’s) (24g) Syrup (43g)	Mini Donuts Bake Crafters WG Choc. donuts 41 g
<b>CHOICE 2</b>	Grab N Go Breakfast	Grab N Go Breakfast		Grab N Go Breakfast	Grab N Go Breakfast

	<b>March 22</b>	<b>March 23</b>	<b>March 24</b>	<b>March 25</b>	<b>March 26</b>
<b>CHOICE 1</b>	Mini Pancakes Pillsbury Mini Pancakes (37g) Syrup (43g)	WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin ( 30g) Blueberry (30) Chocolate Chip (32g)		Mini Pancakes Pillsbury Mini Pancakes (37g) Syrup (43g)	WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin ( 30g) Blueberry (30) Chocolate Chip (32g)
<b>CHOICE 2</b>	Grab N Go Breakfast	Grab N Go Breakfast		Grab N Go Breakfast	Grab N Go Breakfast

STUDENTS HAVE A CHOICE OF 2 FRUITS. (ONLY 1 FRUIT CHOICE CAN BE A JUICE)    ASSORTED MILK DAILY