

# High School Breakfast Menu

## MENU PRICES

Paid .....\$1.25

Reduced ...\$0.25

### **Breakfast Available to You Daily:**

#### **Choose Your Entrée Selection:**

- #1 Bagel with Whipped Cream Cheese Total Calories = 466
- #2 Bakery Kaiser Roll with Butter Total Calories = 342
- #3 Assorted Kellogg's Individual Cereal Pack  
with High Fiber Graham Cracker Pack Total Calories = 182

#### **Choose Your Sides: (one or all)**

- Juice Bar or Fresh Fruit Selection Total Calories = 61
- Milk Choice Total Calories = 97

#### **Add any of the following & build your own breakfast the way you like it!**

- Bacon (1 slice)..... \$0.25 Total Calories = 25
- Egg Patty (1 each) ..... \$0.25 Total Calories = 49
- Sausage Patty (1 each) ..... \$0.25 Total Calories = 92
- Cheese, 1 oz. (2 slices) ..... \$0.25 Total Calories = 93

*\*BUILD A BREAKFAST OPTION\**

*Students can participate using your meal eligibility  
free or reduced price = \$0.00*

## **A Walk a Day in Springtime**

A daily family walk is a great way to get your child – and you – moving. Some families take a walk after dinner. Others plan a morning walk on the weekends or even after school. Figure out the best time for your family's schedule, and use the time to walk and talk. Make the walk fun by mixing it up: walk one block and skip the next or alternate walking fast and slow. You'll be helping everyone get healthier!