



**Montabella JR/SR High School Breakfast Menu**  
2019/2020 Breakfast Free to all Students

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Choose one Entrée:</b> 1. Egg & Cheese & Potato Taco 2. Breakfast Pizza Bacon Egg & Cheese 3. WG Bagel w/ Lite Cream Cheese or Peanut Butter 4. Cereal w/ Graham Crackers 5. Banana Chunk Bar 6. Breakfast Parfaits 7. PopTart 8. Butterscotch Oatmeal Bar	<b>Choose one Entrée:</b> 1. Egg Sausage English Muffin 2. Breakfast Pizza W/Sausage 3. WG Bagel w/ Lite Cream Cheese or Peanut Butter 4. Cereal w/ Graham Crackers 5. Belevita Bar 6. Breakfast Parfaits 7. Poptart 8. Breakfast Hot Pocket	<b>Choose one Entrée:</b> 1. Pancake Bursts 2. Breakfast Pizza Bacon Egg & Cheese 3. WG Bagel w/ Lite Cream Cheese or Peanut Butter 4. Cereal w/ Graham Crackers 5. Benefit French Toast Bar 6. Breakfast Parfaits 7. Poptart 8. Butterscotch Oatmeal Bar	<b>Choose One Entrée:</b> 1. Warm Cinnamon Roll w/ Icing 2. Breakfast Pizza W/ Sausage 3. WG Bagel w/ Lite Cream Cheese or Peanut Butter 4. Cereal w/ Graham Crackers 5. Belvita Bar 6. Breakfast Parfaits 7. Poptart 8. Breakfast Hot Pocket	<b>Choose One Entrée:</b> 1. Warm Biscuit w/ Sausage Gravy 2. Breakfast Pizza Bacon Egg & Cheese 3. WG Bagel w/ Lite Cream Cheese or Peanut Butter 4. Cereal w/ Graham Crackers 5. Benefit French Toast Bar 6. Breakfast Parfaits 7. Poptart 8. Butterscotch Oatmeal Bar
<b>Complete your Meal:</b> Applesauce Cups 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk	<b>Complete your Meal:</b> Pouch of Craisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk	<b>Complete your Meal:</b> Fresh Banana 100% Fruit Juice Fortified Graham Crackers 1% White or 1% Flavored Milk	<b>Complete your Meal:</b> Fresh Apple 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk	<b>Complete your Meal:</b> Boxed Raisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored 1% Milk
<b>Grab N Go:</b> Warm Apple Bosco Stick	<b>Grab N Go:</b> <b>Cinnamon French Toast W/ Sausage Patty</b>	<b>Grab N Go:</b> Hot Ham & Cheese Bagel	<b>Grab N Go:</b> <b>Pancake on a Stick</b>	<b>Grab N Go:</b> French Toast Doughnuts



Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) for online personal wellness resources for you and your family.

Milk selections include: 1% white, 1% chocolate or 1% strawberry. All milk is artificial hormone free.