



Montabella JR/SR High School Breakfast Menu

January 2018

USDA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choose one Entrée:</p> <ol style="list-style-type: none"> Pancake/ Sausage on a Stick Breakfast Pizza Bacon Egg & Cheese WG Bagel w/ Lite Cream Cheese or Peanut Butter Cereal w/ Graham Crackers Banana Chunk Bar Breakfast Parfaits PopTart 	<p>Choose one Entrée:</p> <ol style="list-style-type: none"> Egg Sausage English Muffin Breakfast Pizza W/Sausage WG Bagel w/ Lite Cream Cheese or Peanut Butter Cereal w/ Graham Crackers Benefit Banana Chunk Bar Breakfast Parfaits Poptart 	<p>Choose one Entrée:</p> <ol style="list-style-type: none"> Scrambled Egg Burrito w/Grahams Breakfast Pizza Bacon Egg & Cheese WG Bagel w/ Lite Cream Cheese or Peanut Butter Cereal w/ Graham Crackers Benefit Banana Chunk Bar Breakfast Parfaits Poptart 	<p>Choose One Entrée:</p> <ol style="list-style-type: none"> Warm Cinnamon Roll w/ Icing Breakfast Pizza W/ Sausage WG Bagel w/ Lite Cream Cheese or Peanut Butter Cereal w/ Graham Crackers Benefit Banana Chunk Bar Breakfast Parfaits Poptart 	<p>Choose One Entrée:</p> <ol style="list-style-type: none"> Warm Biscuit w/ Sausage Gravy Breakfast Pizza Bacon Egg & Cheese WG Bagel w/ Lite Cream Cheese or Peanut Butter Cereal w/ Graham Crackers Benefit Banana Chunk Bar Breakfast Parfaits Poptart
<p>Complete your Meal:</p> <p>Applesauce Cups 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored Skim Milk</p>	<p>Complete your Meal:</p> <p>Fresh Banana 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored Skim Milk</p>	<p>Complete your Meal:</p> <p>Fresh Orange Wedges 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored Skim Milk</p>	<p>Complete your Meal:</p> <p>Bagged Apple Slices 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored Skim Milk</p>	<p>Complete your Meal:</p> <p>Boxed Raisins 100% Fruit Juice Fortified Graham Crackers 1% White or Flavored Skim Milk</p>
<p>Grab N Go:</p> <p>Hard Boiled Egg & Mini Blueberry Loaf</p>	<p>Grab N Go:</p> <p>Mini French Toast</p>	<p>Grab N Go:</p> <p>English Muffin Sandwich w/ Ham & Cheese</p>	<p>Grab N Go:</p> <p>Blueberry Waffles</p>	<p>Grab N Go:</p> <p>English Muffin Sandwich w/ Egg, Sausage & Cheese</p>



Go to www.choosemyplate.gov for online personal wellness resources for you and your family.

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

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