

Somerville High School and Next Wave/Full Circle BREAKFAST MENU

2018-2019

"This institution is an equal opportunity employer."

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FEATURED BREAKFAST ITEMS

**French Toast
Sticks**

**Scrambled Eggs
with Bacon**

Yogurt Parfaits

**Sausage, Egg and
Cheese on a
Bagel**

Wheat Waffles

**Scrambled Eggs
with Veggies**

**Ham, Egg and
Cheese on a
Bagel**

**Scrambled Eggs
with Cheese Fresh
Baked Biscuit**

**Egg and Cheese
on a Bagel**

CHOICES AVAILABLE EVERYDAY

Wheat Bagel with
Cream Cheese

Wheat Bagel with
Cream Cheese

Wheat Bagel with
Cream Cheese

Wheat Bagel with
Cream Cheese

Wheat Bagel with
Cream Cheese

Assorted Cereals
& Graham
Crackers

Assorted Cereals
& Graham
Crackers

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& Graham
Crackers

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& Graham
Crackers

Assorted Cereals
& Graham
Crackers

Hot Oatmeal

Hot Oatmeal

Hot Oatmeal

Hot Oatmeal

Hot Oatmeal

Breakfast Breads:
Pumpkin, Zucchini,
Blueberry and
Banana

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Pumpkin, Zucchini,
Blueberry and
Banana

Breakfast Breads:
Pumpkin,
Zucchini,
Blueberry and
Banana

Breakfast Breads:
Pumpkin,
Zucchini,
Blueberry and
Banana

Breakfast Breads:
Pumpkin,
Zucchini,
Blueberry and
Banana

FUEL UP with BREAKFAST!

A bowl of cereal with milk for breakfasts seems like a good choice, right? Yes, one cup of milk provides eight grams of protein, but think about it: how often do we drink all the milk that accompanies our cereal? Protein digests more slowly than carbohydrates, so without ample amounts, you'll be hungry sooner rather than later. Not to mention the other benefits of drinking milk, like the calcium and Vitamin D. Challenge yourself this month to drink all your milk!



**A fluid 8oz 1% milk and
assorted fresh fruit is
available daily.**

All cereals are low sugar

All items are whole grain.