

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

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Cream Cheese

Wheat Bagel with
Cream Cheese

Wheat Bagel with
Cream Cheese

Assorted Cereals
& Graham
Crackers

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& Graham
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& Graham
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& Graham
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Assorted Cereals
& Graham
Crackers

Hot Oatmeal

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Hot Oatmeal

Hot Oatmeal

Hot Oatmeal

Breakfast Breads:
Pumpkin, Zucchini,
Blueberry and
Banana

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Blueberry and
Banana

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Zucchini,
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When it comes to great-tasting nutrition, broccoli is an all-star food with many health benefits. It is low in calories and rich in essential vitamins and minerals, in addition to fiber. Broccoli belongs to a family of vegetables called cruciferous vegetables and its close relatives include brussels sprouts, cauliflower, and cabbage. A cup of cooked broccoli offers as much vitamin C as an orange, and is a good source of beta-carotene. Broccoli contains vitamins B1, B2, B3, B6, iron, magnesium, potassium, and zinc too. Broccoli is the vegetable of the month— so when you see it on the salad bar or lunch line add some on your tray!

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

**All cereals are
low sugar
All items are
whole grain.**

