

# 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

<p><b>French Toast Sticks</b></p>	<p><b>Scrambled Eggs with Bacon</b></p> <p><b>Scrambled Eggs with Veggies</b></p> <p><b>Scrambled Eggs with Cheese Fresh Baked Biscuit</b></p>	<p><b>Yogurt Parfaits</b></p>	<p><b>Sausage, Egg and Cheese on a Bagel</b></p> <p><b>Ham, Egg and Cheese on a Bagel</b></p> <p><b>Egg and Cheese on a Bagel</b></p>	<p><b>Wheat Waffles</b></p>
-----------------------------------	--	-------------------------------	---	-----------------------------

## CHOICES AVAILABLE EVERYDAY

<p>Wheat Bagel with Cream Cheese</p> <p>Assorted Cereals &amp; Graham Crackers</p> <p>Hot Oatmeal</p> <p>Breakfast Breads: Pumpkin, Zucchini, Blueberry and Banana</p>	<p>Wheat Bagel with Cream Cheese</p> <p>Assorted Cereals &amp; Graham Crackers</p> <p>Hot Oatmeal</p> <p>Breakfast Breads: Pumpkin, Zucchini, Blueberry and Banana</p>	<p>Wheat Bagel with Cream Cheese</p> <p>Assorted Cereals &amp; Graham Crackers</p> <p>Hot Oatmeal</p> <p>Breakfast Breads: Pumpkin, Zucchini, Blueberry and Banana</p>	<p>Wheat Bagel with Cream Cheese</p> <p>Assorted Cereals &amp; Graham Crackers</p> <p>Hot Oatmeal</p> <p>Breakfast Breads: Pumpkin, Zucchini, Blueberry and Banana</p>	<p>Wheat Bagel with Cream Cheese</p> <p>Assorted Cereals &amp; Graham Crackers</p> <p>Hot Oatmeal</p> <p>Breakfast Breads: Pumpkin, Zucchini, Blueberry and Banana</p>
--	--	--	--	--

### FUEL UP with BREAKFAST!

Eat your entire breakfast!

While a piece of fruit is rich in fiber, vitamins and minerals, it's not enough for breakfast. Many people have found that a grab-and-go breakfast, like an apple on the drive to school simply doesn't cut it. Sit down in the cafeteria and mindfully consume about 300 to 400 calories and you will feel more satisfied. By the time lunch approaches, those extra calories are no longer relevant and have likely kept you from a day of overeating.



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

**All cereals are low sugar**

**All items are whole grain.**