

Somerville High School and Next Wave/Full Circle BREAKFAST MENU

2018-2019

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
Hot Oatmeal

Assorted Cereals
& Graham
Crackers

Assorted Cereals
& Graham
Crackers

Assorted Cereals
& Graham
Crackers

Hot Oatmeal

Breakfast Breads:

Hot Oatmeal

Hot Oatmeal

Hot Oatmeal

Breakfast Breads:
Pumpkin,
Zucchini,
Blueberry and
Banana

Pumpkin, Zucchini,
Blueberry and
Banana

Breakfast Breads:
Pumpkin, Zucchini,
Blueberry and
Banana

Breakfast Breads:
Pumpkin, Zucchini,
Blueberry and
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"This institution is an equal opportunity employer."

May is National Physical Fitness
and Sports Month!

Regular physical activity is good for every-
one's health and people of all ages and
body types can be physically active.
National Physical Fitness and Sports
Month is a great time to spread the word
about the benefits of getting active.
Physical activity can improve muscular
fitness, bone health, and heart health.
After school go for a walk or ride you bike
with your family or friends. During recess
encourage your friends to play and be
active.

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

All cereals are low
sugar

All items are whole grain.

