

HIGH SCHOOL and FULL CIRCLE/NEXT WAVE WEEKLY BREAKFAST MENU

2019-2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FEATURED BREAKFAST ITEMS

French Toast
Sticks

Sausage, Egg and
Cheese on a Bagel

Assorted Yogurt
Parfaits

Scrambled Eggs
with Bacon

Pancakes

Ham, Egg and
Cheese on a Bagel

Scrambled Eggs
with Veggies

Egg and Cheese
on a Bagel

Scrambled Eggs
with Cheese
Fresh Baked

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

Assorted Cereals
& Graham
Crackers

Assorted Cereals
& Graham
Crackers

Assorted Cereals
& Graham
Crackers

Hot Oatmeal

Hot Oatmeal

Hot Oatmeal

Hot Oatmeal

Hot Oatmeal

Breakfast Breads:
Pumpkin,
Zucchini,
Blueberry and
Banana

Muffins: Corn,
Wheat Blueberry
or Apple Wheat
Muffin

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Pumpkin,
Zucchini,
Blueberry and
Banana

Muffins: Corn,
Wheat Blueberry
or Apple Wheat
Muffin

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Pumpkin,
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"This institution is an equal opportunity employer."

FUEL UP with BREAKFAST!

Breakfast is a great way to give the body the refueling it needs. People who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight.



A fluid 8oz 1% milk and fresh fruit is available with each breakfast. All cereals offered are low sugar. All breakfast items are whole grain.

Free breakfast is available for all students every day!