

# High School Breakfast

*All Breakfast Meals include Four Items*

**1. Bread 2. Protein 3. Fruit 4. Milk**

**You may take all four items, but must take at least three items to count as a Meal. You may take two breads or one bread and one protein and two fruit and one milk.**

**If you do not have a fruit or vegetable it is not a meal and you will be charged ala carte, which can cost more than the full meal price and be less nutritious!**

## Two Bread and Protein Choices

**Bagel, Lg. Muffin, 2 Cereals, French Toast Sticks and Sausage  
*or*  
Breakfast Sandwich**

## Two Fruit

**Assorted Fresh Fruit, Cupped Fruit, Hash Browns or 4oz Fruit Juice  
(Only one juice may be taken with breakfast)**

## One Milk

**8oz Assorted Milk**