

High School

What comes with a Breakfast Meal?

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!

One Entrée

(Up to 2 Bread and/or Protein)



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



or



**Breakfast Sandwich
(Premium Breakfast Meal)**



Two Fruit and/or Hash Browns

Assorted Fresh Fruit, Cupped Fruit, Hash Browns

or

4oz Fruit Juice



Only one juice may be taken with breakfast

One Milk

