

PJHS

MONTHLY BREAKFAST MEAL PLAN



Daily Items Include:

- Cereal Bowl 2oz
- Pop Tart/Pretzel or Toast
- Fruit 1/2 Cup
- Milk 8oz
- Juice 4oz



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	Sausage Biscuit	Sausage Biscuit	Sausage Biscuit	Sausage Biscuit
TUE	French Toast Sticks (2) Chicken Bites (3)	Yogurt Danimals Cinnamon, Minis Pilsbury	French Toast Sticks (2) Chicken Bites (3)	Yogurt Danimals Cinnamon, Minis Pilsbury
WED	Sausage Biscuit	Sausage Biscuit	Sausage Biscuit	Sausage Biscuit
THU	Grits/Eggs/ Sausage/ Toast/ USDA Cheese	Ham & Cheese Croissant	Grits/Eggs/ Sausage/ Toast/ USDA Cheese	Ham & Cheese Croissant
FRI	Breakfast Pizza or Sausage/Chicken Biscuit	Pancake - 2 Count Sausage Link	Breakfast Pizza or Sausage/Chicken Biscuit	Pancake - 2 Count or Pancake Wraps Sausage Link