



High School Breakfast Menu

October 2021

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1

Egg & Cheese
Chicken Sausage
w/ Toast

Fresh Apple
100% Fruit Juice
Milk: Skim, 1% or
Chocolate Skim

4

French Toast Rush
Chicken Sausage

Mixed Fruit Cup
100% Grape Juice
Milk: Skim, 1% or
Chocolate Skim

5

Grilled Cheese SDW

Fresh Banana
10% Apple Juice
Milk: Skim, 1% or
Chocolate Skim

6

Chicken Biscuit

Fresh Banana
100% Grape Juice
Milk: Skim, 1% or
Chocolate Skim

7

Chicken & Waffle

Fresh Orange
100% Grape Juice
Milk: Skim, 1% or
Chocolate Skim

8

Breakfast Pizza

Cup Applesauce
100% Fruit Apple
Milk: Skim, 1% or
Chocolate Skim

11

Maple Oatmeal w/Toast
Fresh Apples
100% Orange Juice
Milk: Skim, 1% or
Chocolate Skim

12

Chicken Sausage
Biscuit

Diced Peaches
100% Grape Juice
Milk: Skim, 1% or
Chocolate Skim

13

Burrito Egg & Cheese

Cup Applesauce
100% Fruit Apple
Milk: Skim, 1% or
Chocolate Skim

14

Breakfast Pizza

Fresh Banana
100% Grape Juice
Milk: Skim, 1% or
Chocolate Skim

15

**NO SCHOOL
FALL RECESS**

18

**NO SCHOOL
FALL RECESS**

19

Grilled Cheese SDW

Applesauce Cup
100% Fruit Juice
Milk: Skim, 1% or
Chocolate Skim

20

Strawberry Parfaits

100% Fruit Juice
Fresh Banana
Milk: Skim, 1% or
Chocolate Skim

21

Egg & Cheese w/ Toast
Chicken Sausage

Hashbrowns
Hot Cinnamon Apples
Milk: Skim, 1% or
Chocolate Skim

22

Pancake on Stick

Fresh Banana
100% Grape Juice
Milk: Skim, 1% or
Chocolate Skim

25

Sausage, Egg & Cheese
Burritos

100% Fruit Juice
Cup Mixed Fruit
Milk: Skim, 1% or
Chocolate Skim

26

Banana Smoothie
Granola Bar

Cup Applesauce
100% Fruit Apple
Milk: Skim, 1% or
Chocolate Skim

27

Chicken Sausage
Biscuit

Diced Pears
100% Fruit Juice
Milk: Skim, 1% or
Chocolate Skim

28

Chicken & Waffle

Fresh Apples
100% Orange Juice
Milk: Skim, 1% or
Chocolate Skim

29

MTO Pancake &
Sausage

Fresh Banana
100% Grape Juice
Milk: Skim, 1% or
Chocolate Skim

More info...

Staff Breakfast \$3.00

More info...Pick 3 items to create a meal

Please access the website below
to see a breakdown of menu items.

<https://jenningsd.nutrislice.com/menu>