

Daily GRAB & GO BREAKFAST: Includes milk, fruit, choice of cheese stick or yogurt, and choice of WHOLE GRAIN entrée: WG cereal, WG cereal bar, WG frudel, WG banana bread slice, WG mini loaf bread, WG pop tart, or WG bagel with cream cheese, WG Cinnamon Bun (up to three WG breakfast entrées offered daily)

September 2017

St. Francis High School Breakfast Menu

Student \$1.45/2nd Breakfast \$1.90/Adult \$1.90

Monday	Tuesday	Wednesday	Thursday	Friday September 1
No School 4	5	6	7	8
	School Baked Whole Grain Muffin Top with Yogurt Cup Chilled Fruit 100% Fruit Juice Milk	Breakfast Sandwich - Egg, Turkey Sausage or Ham, & Cheese on a Whole Wheat English Muffin or Whole Grain Uncrustable PB&J ♦ with Cheese Stick Chilled Fruit, 100% Fruit Juice Milk	Whole Grain French Toast Sticks♦ with Syrup Turkey Sausage Links Chilled Fruit 100% Fruit Juice Milk	Breakfast Wrap - Egg, Ham, & Cheese on a Whole Grain Tortilla Salsa and Sour Cream or Whole Grain Uncrustable PB&J ♦ with Cheese Stick Chilled Fruit, 100% Fruit Juice Milk
11	12	13	14	15
Whole Grain Pancake Sausage Bites♦ or Whole Grain Uncrustable PB&J♦ with Cheese Stick Chilled Fruit 100% Fruit Juice Milk	School Baked Whole Grain Muffin Top with Yogurt Cup Chilled Fruit 100% Fruit Juice Milk	Breakfast Sandwich - Egg, Turkey Sausage or Ham, & Cheese on a Whole Wheat English Muffin or Whole Grain Uncrustable PB&J ♦ with Cheese Stick Chilled Fruit, 100% Fruit Juice Milk	Whole Grain French Toast Sticks♦ with Syrup Turkey Sausage Links Chilled Fruit 100% Fruit Juice Milk	Breakfast Wrap - Egg, Ham, & Cheese on a Whole Grain Tortilla Salsa and Sour Cream or Whole Grain Uncrustable PB&J ♦ with Cheese Stick Chilled Fruit, 100% Fruit Juice Milk
18	19	20	21	22
Yogurt Parfait: Vanilla Yogurt Whole Grain Granola with Berries or Whole Grain Uncrustable PB&J ♦ with Cheese Stick Chilled Fruit 100% Fruit Juice Milk	School Baked Whole Grain Muffin Top with Yogurt Cup Chilled Fruit 100% Fruit Juice Milk	90 Minute Late Start Breakfast Sandwich - Egg, Turkey Sausage or Ham, & Cheese on a Whole Wheat English Muffin or Whole Grain Uncrustable PB&J ♦ with Cheese Stick Chilled Fruit, 100% Fruit Juice Milk	Whole Grain Breakfast Pizza♦ Chilled Fruit 100% Fruit Juice Milk	Breakfast Wrap - Egg, Ham, & Cheese on a Whole Grain Tortilla Salsa and Sour Cream or Whole Grain Uncrustable PB&J ♦ with Cheese Stick Chilled Fruit, 100% Fruit Juice Milk
25	26	27	28	29
Whole Grain Pancakes♦ with Syrup, Sausage Links or Whole Grain Uncrustable PB&J ♦ with Cheese Stick Chilled Fruit Fruit Juice Milk	School Baked Whole Grain Muffin Top with Yogurt Cup Chilled Fruit 100% Fruit Juice Milk	Breakfast Sandwich - Egg, Turkey Sausage or Ham, & Cheese on a Whole Wheat English Muffin or Whole Grain Uncrustable PB&J ♦ with Cheese Stick Chilled Fruit, 100% Fruit Juice Milk	Whole Grain French Toast Sticks♦ with Syrup Turkey Sausage Links Chilled Fruit 100% Fruit Juice Milk	Breakfast Wrap - Egg, Ham, & Cheese on a Whole Grain Tortilla Salsa and Sour Cream or Whole Grain Uncrustable PB&J ♦ with Cheese Stick Chilled Fruit, 100% Fruit Juice Milk

♦=USDA Child Nutrition Label, (USDA Certified product meets Child Nutrition meal pattern requirements for lean protein &/or whole grain rich grains). Program benefits and services are available to all children without regard to race, religion, color, sex, handicap, age or national origin. Free and reduced meal applications are available throughout the year in all schools or on the website at www.isd15.org. Students that receive free/reduced lunch also receive a free breakfast. Sending cash is at your own risk. Please send checks or use Visa, MasterCard, Discover, electronic check or debit card to purchase meals at <https://paypams.com> or <https://district15.feepay.com>; a transaction fee will be assessed for each transaction. **Menu, product & nutritional information are subject to change per vendor product availability.