



NORTHEAST HIGH BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
2nd chance breakfast served after 1st period daily.			1 Blueberry Buckle or Cereal Yogurt Chilled Pears Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat	2 Biscuit or Cereal Ham/ Egg/ Cheese Bar Chilled Apple Milk, Choc. Skim MILK, 1% Lowfat
5	6 Pancake/Sausage Stick or Cereal Graham Crackers Orange Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat	7 Biscuits and Country Gravy or Cereal Cereal Bar Bananas Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Jelly, Assorted	8 Cereal or Uncrustable Yogurt Chilled Pears Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat	9 Breakfast Pizza or Cereals Graham Crackers Fruit Cocktail Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat
12 Muffins or Cereal Strawberries & Bananas Yogurt Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat	13 Waffle Stix or Cereal Cereal Bar Rosy Applesauce Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Syrup	14 Biscuits and Country Gravy or Cereal Cereal Bar Bananas Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Jelly, Assorted	15 Breakfast Burrito or Cereal Orange Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Picante Sauce	16 Dutch Waffle or Cereal Graham Crackers Strawberries / Blueberries Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat
19 Chicken Biscuit or Cereal Peaches Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat	20 N. E. Coffee Cake or Cereal Yogurt Applesauce Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat	21 Biscuits and Country Gravy or Cereal Cereal Bar Bananas Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Jelly, Assorted	22 Cinn Swirl French Toast or Cereal Sausage Links Fruit Cocktail Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Syrup	23 Sausage Biscuit or Cereal Graham Crackers Pineapple Tidbits Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat
26 Cereal or Pop tart Chilled Apple Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat	27 Pancakes or Cereal Graham Crackers Sausage Links Applesauce Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Syrup	28 Biscuits and Country Gravy Cereal Cereal Bar Bananas Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Jelly, Assorted	29 Scrambled Eggs or Cereal Biscuit Peaches Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Ketchup Picante Sauce	30 Cinnamon Rolls or Cereal Yogurt Banana Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat

Benefits of School breakfast include:
higher performance on standardized tests and
better attendance.

