



NORTHEAST HIGH BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 Dutch Waffle or Cereals, Assorted Graham Crackers Fresh Fruit Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat	4 Cereals, Assorted or Uncrustable P.B.J Chilled Pears Fruit Juice Yogurt, Assorted Milk, Choc. Skim MILK, 1% Lowfat	5 Biscuits or Country Gravy Cereals, Assorted Cereal Bar Bananas Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Jelly, Assorted	6 Waffle Stix or Cereals, Assorted Cereal Bar Applesauce Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Syrup	7 Breakfast Burrito or Cereals, Assorted Tri-Tators Orange Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Picante Sauce
10 Dutch Waffle or Cereals, Assorted Graham Crackers Fresh Fruit Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat	11 Chicken Biscuit or Cereals, Assorted Peaches Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Ketchup Salad Dressing	12 Biscuits or Country Gravy Cereals, Assorted Cereal Bar Bananas Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Jelly, Assorted	13 Biscuits or Country Gravy Cereals, Assorted Cereal Bar Bananas Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Jelly, Assorted	14 Cinn Swirl French Toast or Cereals, Assorted Sausage Links Fruit Cocktail Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Syrup
17 Powered Mini Donuts or Cereals, Assorted Fresh Fruit Fruit Juice Yogurt, Assorted Milk, Choc. Skim MILK, 1% Lowfat	18 Brkfst Sliders or Cereals, Assorted Fresh Fruit Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat	19 Biscuits or Country Gravy Cereals, Assorted Cereal Bar Bananas Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Jelly, Assorted	20 Breakfast Bake or Cereals, Assorted Fresh Fruit Milk, Choc. Skim MILK, 1% Lowfat	21 Pancakes or Cereals, Assorted Graham Crackers Sausage Links Applesauce Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Syrup
24 Chocolate Mini Donuts or Cereals, Assorted Yogurt, Assorted Fresh Fruit Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat	25 Breakfast Bake or Cereals, Assorted Fresh Fruit Milk, Choc. Skim MILK, 1% Lowfat	26 Biscuits or Country Gravy Cereals, Assorted Cereal Bar Bananas Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Jelly, Assorted	27 Scrambled Eggs or Cereals, Assorted Biscuits Peaches Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat Ketchup Picante Sauce	28 Breakfast Round or Cereals, Assorted Yogurt, Assorted Pineapple Tidbits Granola Fruit Juice Milk, Choc. Skim MILK, 1% Lowfat
<p>Most students who start their day with breakfast say they feel good, happy and alert throughout the school</p>				

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