



## BREAKFAST MENU FOR CHARDON HIGH SCHOOL 2018-2019

A school breakfast is made up of 3 Components from these three food groups: Milk, Fruit, Grains (meat/meat alternative (optional) There is a daily requirement of 1 cup of fruit, there is a minimum daily requirement of 1 oz. equivalent of whole grain rich grains, and 1 cup of milk daily.

Monday	Tuesday	Wednesday	Thursday	Friday
ASSORTED BREAKFAST SANDWICHES or MINI PANCAKES	ASSORTED BREAKFAST SANDWICHES or <b>Apple-Stuffed Breadsticks</b>	ASSORTED BREAKFAST SANDWICHES OR MINI WAFFLES	ASSORTED BREAKFAST SANDWICHES or PANCKAE WRAP ON A STICK	ASSORTED BREAKFAST SANDWICHES or BREAKFAST PIZZA
JUICE and/or FRUIT	JUICE and/or FRUIT	JUICE and/or FRUIT	JUICE and/or FRUIT	JUICE and/or FRUIT
Milk	Milk	Milk	Milk	Milk

In addition to the menu above, the following items are available to combine to create a complete breakfast. Assorted breakfast Whole Grain Muffins, Zee Zee's Breakfast Bar, Yogurt Parfait, Bagels with cream cheese, String Cheese, Cereal Bars, Whole Grain Pop tarts, Whole Grain Reduced Sugar Cereals, Chilled Juice and/or fruit and milk

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