



HILLTOPPER BREAKFAST MENU FOR CHARDON HIGH * MIDDLE SCHOOL 2019-2020



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	ASSORTED BREAKFAST SANDWICHES	ASSORTED BREAKFAST SANDWICHES	ASSORTED BREAKFAST SANDWICHES	ASSORTED BREAKFAST SANDWICHES
JUICE, HASHBROWN and/or FRUIT	JUICE, HASHBROWN and/or FRUIT	JUICE, HASHBROWN and/or FRUIT	JUICE, HASHBROWN and/or FRUIT	JUICE HASHBROWN 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. 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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