



Secondary Breakfast– April 2018



EVERYDAY CHOICES

Fresh Apple, Orange or Banana
Fruit Juice 12-14g and Milk 12g

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p><i>Choose one:</i> Waffles 46g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Grain Muffin 31g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Sausage/ Cheese Pita Pocket 15g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> English Muffin w/ Canadian Ham & Cheese 26g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Toaster Pastry 75g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Breakfast Pizza 22g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Grain Muffin 31g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> French Toast 26g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Fruit Cereal Bar 30g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>
9	10	11	12	13
<p><i>Choose one:</i> Cinnamon Roll Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Toaster Pastry 75g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Pancakes w/ Sausage Patty Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Grain Muffin 31g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Scramble Eggs w/ Hash Brown 19g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Biscuit w/ Sausage and Cheese Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Fruit Cereal Bar 30g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Maple Sausage Pancake Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Breakfast Bread 40g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>
16	17	18	19	20
<p><i>Choose one:</i> Waffles 46g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Grain Muffin 31g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Loaded Breakfast Toast Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Toaster Pastry 75g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> French Toast 26g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Breakfast Pizza 22g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Fruit Cereal Bar 30g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Biscuit w/ Sausage Patty Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>
23	24	25	26	27
<p><i>Choose one:</i> Southern Peach Biscuit 31g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Grain Muffin 31g Applesauce Cup 13.5g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Apple Cinnamon Sausage Pancake 18g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Fruit Cereal Bar 30g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Scramble Eggs w/ Hash Brown 19g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Pancakes w/ Sausage Patties 42g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Toaster Pastry 75g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>	<p><i>Choose one:</i> Biscuit w/ Canadian Ham and Cheese 29g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Wheat Toast 15g Apple, Banana or Orange 12-23g Fruit Juice 12-14g Milk 12g</p>
30				
<p><i>Choose one:</i> Waffles 46g Parfait 66g Cold Cereal 21-24g</p> <p><i>Served with:</i> Whole Grain Muffin 31g Apple, Banana or Orange 12-23g Fruit Juice 12-14g</p>				

Menu subject to change without notice.

This institution is an equal opportunity employer and provider.