



**Secondary Breakfast– September 2017**



**EVERYDAY CHOICES**  
**Fresh Apple, Orange or Banana**  
**Fruit Juice and Milk**

				<p style="text-align: right;"><b>1</b></p> <p><i>Choose one:</i>          Maple Sausage Pancake 17g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Breakfast Bread 40g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>
<p style="text-align: center;"><b>4</b></p> <p style="text-align: center;"><b>No School</b></p> 	<p style="text-align: center;"><b>5</b></p> <p><i>Choose one:</i>          Loaded Breakfast Toast 18g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Toaster Pastry 37g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>6</b></p> <p><i>Choose one:</i>          French Toast 25g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Whole Wheat Toast 15g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>7</b></p> <p><i>Choose one:</i>          Breakfast Pizza 22g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Fruit Cereal Bar 10g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>8</b></p> <p><i>Choose one:</i>          Biscuit w/ Sausage Patty 27g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Whole Wheat Toast 15g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>
<p style="text-align: center;"><b>11</b></p> <p><i>Choose one:</i>          Southern Peach Biscuit 31g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Whole Grain Muffin 31g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>12</b></p> <p><i>Choose one:</i>          Apple Cinnamon Sausage Pancake 18g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Fruit Cereal Bar 10g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>13</b></p> <p><i>Choose one:</i>          Scramble Eggs w/ Hash brown 19g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Whole Wheat Toast 15g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>14</b></p> <p><i>Choose one:</i>          Pancakes w/ Sausage Patty 42g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Toaster Pastry 37g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>15</b></p> <p><i>Choose one:</i>          Biscuit w/ Canadian Ham &amp; Cheese 27g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Whole Wheat Toast 15g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>
<p style="text-align: center;"><b>18</b></p> <p><i>Choose one:</i>          Waffles 46g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Whole Grain Muffin 31g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>19</b></p> <p><i>Choose one:</i>          Sausage/ Cheese Pita Pocket 15g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Whole Wheat Toast 15g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14 g          Milk 12g</p>	<p style="text-align: center;"><b>20</b></p> <p><i>Choose one:</i>          English Muffin w/ Canadian Ham &amp; Cheese 26g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Toaster Pastry 37g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>21</b></p> <p><i>Choose one:</i>          Breakfast Pizza 22g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Whole Grain Muffin 31g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>22</b></p> <p><i>Choose one:</i>          French Toast 25g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Fruit Cereal Bar 10g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>
<p style="text-align: center;"><b>25</b></p> <p><i>Choose one:</i>          Hot Oatmeal 53g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Toaster Pastry 37g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>29</b></p> <p><i>Choose one:</i>          Pancakes w/ Sausage Patty 42g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Whole Grain Muffin 31g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>30</b></p> <p><i>Choose one:</i>          Scramble Eggs w/ Hash brown 19g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Whole Wheat Toast 15g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>31</b></p> <p><i>Choose one:</i>          Biscuit w/ Sausage &amp; cheese Patty 29g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Fruit Cereal Bar 10g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>	<p style="text-align: center;"><b>29</b></p> <p><i>Choose one:</i>          Maple Sausage Pancake 17g          Parfait 66g          Cold Cereal 21-24g  <i>Served with:</i>          Breakfast Bread 40g          Apple, Banana or Orange 12-23g          Fruit Juice 12-14g          Milk 12g</p>

Menu subject to change without notice.

This institution is an equal opportunity provider and employer