

# Glendale School District

## Breakfast Menu February 2017 High School

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Egg, Ham and Cheese sandwich on a English Muffin or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	2 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	3 Chocolate Chip Mini Pancakes Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk
6 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	7 Banana Mini Loaf w/ Toast or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	8 Egg , Sausage and Cheese sandwich on a Bagel or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	9 FlapStick or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	10 Warm Cinnamon Bun or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Mil
13 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	14 Chocolate Chip Mini Pancakes or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	15 Egg, Ham and Cheese sandwich on a English Muffin or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	16 Glazed Donut Ring or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	17 <b>Cook's Choice</b>
20 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	21 Banana Mini Pancakes or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	22 Egg, Sausage and Cheese sandwich on a Bagel or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	23 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	24 Glazed Donut Ring or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Mil
27 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk	28 French Toast Sticks with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice & Fruit Low-Fat Milk			

### What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

### Middle & High School Alternate Options May Include:

Banana, Chocolate, or Blueberry Muffins  
Chocolate Chip Oatmeal or Banana  
Breakfast Bar  
Assorted Cereal Bars  
Warm Grab & Go Breakfast Sandwiches  
Breakfast Taco Roll-Ups  
Fortified Breakfast Pastries  
Warm Mini Bagels  
Yogurt & Toast



### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free Vanilla and Low Fat White

### Proud to manage your food service program



**Meal Prices:**  
**Paid \$1.35**  
**Reduced \$.30**  
**Adult Breakfast \$2.45**

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

**MENUS SUBJECT TO CHANGE**