



## Jefferson UHSD: High School Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Apr 15-19	Pancakes with Syrup Turkey Sausage Patty  Berry Parfait with Granola  100% Fruit Juice Chilled & Fresh Fruit	Colby Cheese Omelet Whole Grain Toast  Peach Cobbler Yogurt Parfait  100% Fruit Juice Chilled & Fresh Fruit	Blueberry Bash Waffles with Syrup  Berry Parfait with Granola  100% Fruit Juice Chilled & Fresh Fruit	Ham, Egg & Cheese on an English Muffin  Peach Cobbler Yogurt Parfait  100% Fruit Juice Chilled & Fresh Fruit	Sausage Pancake Skewer with Syrup  Berry Parfait with Granola  100% Fruit Juice Chilled & Fresh Fruit
Apr 22-26	Ham, Egg & Cheese Breakfast Burrito  Pineapple Ginger Oatmeal Parfait  100% Fruit Juice Chilled & Fresh Fruit	Chicken Biscuit Sandwich  Berry Parfait with Granola  100% Fruit Juice Chilled & Fresh Fruit	Cinni-Mini French Toast Bites  Pineapple Ginger Oatmeal Parfait  100% Fruit Juice Chilled & Fresh Fruit	Sausage and Cheese on an English Muffin  Berry Parfait with Granola  100% Fruit Juice Chilled & Fresh Fruit	Breakfast Turkey Sausage Pizza  Pineapple Ginger Oatmeal Parfait  100% Fruit Juice Chilled & Fresh Fruit
Apr 29- May 3	Waffles with Syrup  Banana Cranberry Oatmeal Parfait  100% Fruit Juice Chilled & Fresh Fruit	Egg & Cheese Breakfast Burrito  Apple Crumble Overnight Oatmeal  100% Fruit Juice Chilled & Fresh Fruit	Whole Grain Pancakes With Syrup  Banana Cranberry Oatmeal Parfait  100% Fruit Juice Chilled & Fresh Fruit	Biscuit with Sausage Gravy  Apple Crumble Overnight Oatmeal  100% Fruit Juice Chilled & Fresh Fruit	Mexican Style Breakfast Wrap  Banana Cranberry Oatmeal Parfait  100% Fruit Juice Chilled & Fresh Fruit
May 6-10	Whole Grain French Toast Sticks with Syrup  Banana Chocolate Overnight Oatmeal  100% Fruit Juice Chilled & Fresh Fruit	Egg, Cheese & Bacon on an English Muffin  Berry-Lemon Oatmeal Parfait  100% Fruit Juice Chilled & Fresh Fruit	Maple Burst Mini Pancakes with Syrup  Banana Chocolate Overnight Oatmeal  100% Fruit Juice Chilled & Fresh Fruit	Sausage, Egg & Cheese Biscuit  Berry-Lemon Oatmeal Parfait  100% Fruit Juice Chilled & Fresh Fruit	Chicken Biscuit Sandwich  Banana Chocolate Overnight Oatmeal  100% Fruit Juice Chilled & Fresh Fruit

**BREAKFAST:** A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.

Assorted Low Sugar Cereal with String Cheese offered as a Daily Alternative



Vegetarian



Locally Grown



This month we're celebrating **berries**