



Jefferson UHSD: High School Brunch Menu

Aug 12-16
Aug 19-23
Aug 26-30
Sept 2-6

	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 12-16	<p>Ham, Egg & Cheese on English Muffin</p> <p>Strawberry Parfait with Granola </p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Sausage Pancake Skewer with Syrup</p> <p>Peach Cobbler Yogurt Parfait</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Blueberry Bash Waffles with Syrup </p> <p>Strawberry Parfait with Granola </p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Pancakes with Syrup Turkey Sausage Patty</p> <p>Peach Cobbler Yogurt Parfait</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Colby Cheese Omelet Whole Grain Toast</p> <p>Strawberry Parfait with Granola </p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>
Aug 19-23	<p>Homemade potatoes Turkey sausage with egg</p> <p>Pineapple Parfait with cheerios</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Chicken Biscuit Sandwich</p> <p>blueberry Parfait with Granola </p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>French Toast </p> <p>Pineapple Parfait with cheerios</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Turkey Sausage & Biscuit Sandwich</p> <p>Blueberry Parfait with Granola </p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Biscuit with Sausage Gravy</p> <p>Pineapple Parfait with cheerios</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>
Aug 26-30	<p>Waffles with Syrup </p> <p>Banana Cranberry Parfait with granola</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Egg & Cheese Breakfast Burrito </p> <p>Apple & raisin Oatmeal</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Whole Grain Pancakes With Syrup </p> <p>Banana Cranberry Parfait with granola</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Ham, Egg & Cheese Breakfast burrito</p> <p>Apple & raisin Oatmeal</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Egg, Cheese & Bacon on an English Muffin</p> <p>Banana Cranberry Parfait with granola</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>
Sept 2-6	<p>Whole Grain French Toast Sticks with Syrup</p> <p>Chocolate & berry Oatmeal</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Mexican Style Breakfast Wrap</p> <p>Peach Parfait with granola</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Egg, Cheese & Bacon on an English Muffin</p> <p>Chocolate & berry Oatmeal</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Sausage, Egg & Cheese Biscuit</p> <p>Peach Parfait with granola</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>	<p>Sausage and Cheese on an English Muffin</p> <p>Chocolate & berry Oatmeal</p> <p>100% Fruit Juice Chilled & Fresh Fruit</p>

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