



Jefferson UHSD: High School Breakfast Menu

Sept 9-13
 Sept 16-20
 Sept 23-27
 Sept 30 Oct-4

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