

Southeast Fountain JR/High School

2024

BREAKFAST MENU

WHAT COMES WITH A BREAKFAST MEAL?

Choice of Entrée Item

- Featured Hot Entrée OR
- Daily 'Pick 2' Item Entrée

1 Cup of Fruit (Must take at least ½ cup to make it a meal)

Choice of Milk

ENTRÉE CHOICES

WEEKLY HOT ENTRÉE FEATURES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BACON, EGG, & CHEESE BAGEL	EGG & CHEESE BISCUIT	T. SAUSAGE & CHEESE BISCUIT	BISCUITS & GRAVY	T. SAUSAGE & EGG BISCUIT
BREAKFAST PIZZA	BAGEL W/ CREAM CHEESE	CINNAMON SUGAR DONUT	PANCAKE SAUSAGE WRAP	FRENCH TOAST STICKS W/ SYRUP

DAILY ENTRÉE FEATURES:

- APPLE FRUDEL
- CINNI MINIS
- MINI FRENCH TOAST
- BLUEBERRY WAFFLE

DAILY PICK 2 ITEMS:

- CEREAL BOWL
- CEREAL BAR OR GRANOLA BAR
- GRAHAMS OR CRACKERS
- POPTARTS OR MUFFINS
- CHEESE STICK OR YOGURT

MILK CHOICES

1%, Skim, Soy Milk



FRUIT CHOICES

- WHOLE FRESH FRUIT
- FRESH APPLE SLICES
- CHILLED STRAWBERRY, MIXED BERRY AND PEACH CUPS
- RAISINS
- ASSORTED CANNED FRUITS
- 100% FRUIT JUICES



WHOLE GRAINS & LEAN PROTEINS

- GRAIN CHOICES ARE ALL WHOLE GRAIN RICH!
- PROTEIN CHOICES ARE LOW-FAT AND REDUCED SODIUM