



High School Brunch

**BRUNCH
SERVED DAILY
DURING
MORNING
BREAK.**

Monday

Pizza Bagel
Chicken Sausage Muffin Sandwich
Egg & Cheese Muffin Sandwich (V)
Breakfast Bun
Mini Cinnis or Stuffed Bagel Variety
Fruit & Yogurt Smoothie, Crackers
Bagel Variety
Cereal Variety>25% Less Sugar
WG Muffin Variety

Tuesday

Pizza Bagel
Chicken Sausage Muffin Sandwich
Egg & Cheese Muffin Sandwich (V)
Apple Breakfast Bun
Concha Variety
Fruit & Yogurt Smoothie, Crackers
Bagel Variety
Cereal Variety>25% Less Sugar
WG Muffin Variety

Wednesday

Pizza Bagel
Chicken Sausage Muffin Sandwich
Egg & Cheese Muffin Sandwich (V)
Breakfast Bun
WG Artisan Waffle Variety
Fruit & Yogurt Smoothie, Crackers
Bagel Variety
Cereal Variety>25% Less Sugar
WG Muffin Variety

Thursday

Pizza Bagel
Chicken Sausage Muffin Sandwich
Egg & Cheese Muffin Sandwich (V)
Crumble Pastry Variety
Banana Bread
Fruit & Yogurt Smoothie, Crackers
Bagel Variety
Cereal Variety>25% Less Sugar
WG Muffin Variety

Friday

Pizza Bagel
Chicken Sausage Muffin Sandwich
Egg & Cheese Muffin Sandwich (V)
Breakfast Bun
Puffed Pancake Variety
Fruit & Yogurt Smoothie, Crackers
Bagel Variety
Cereal Variety>25% Less Sugar
WG Muffin Variety

**ALL MEALS INCLUDE FRESH SEASONAL FRUIT, LOWFAT
REGULAR OR NON-FAT CHOCOLATE MILK. STUDENTS
MUST TAKE 3 OF THE 4 FOOD GROUPS OFFERED FOR A
"COMPLETE" MEAL. STUDENTS MUST TAKE AT LEAST ONE
FRUIT OR 100% JUICE TO RECEIVE THEIR MEAL AT NO
CHARGE. MENU SUBJECT TO CHANGE.**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

BEVERAGES

WATER	\$1.75
IZZE	\$1.75
LACROIX	\$1.50
PROPEL	\$1.75
CAPRI SUN	\$1.00



IN COMPLIANCE WITH USDA
REGULATIONS, SPUSD FOOD & NUTRITION
HAS REDUCED ADDED SUGAR TO LESS
THAN 10% OF AVERAGE CALORIES FOR
THE WEEK FOR BRUNCH.

ALL MEALS MUST BE COMPLETE WITH A FRUIT OR JUICE TO RECEIVE YOUR MEAL AT NO CHARGE.