

BHS Grab and Go Breakfast 2022 - 2023 Revised

August 24, 2022

<u>Monday Breakfast Choices</u>	<u>Tuesday Breakfast Choices</u>	<u>Wednesday Breakfast Choices</u>	<u>Thursday Breakfast Choices</u>	<u>Friday Breakfast Choices</u>
<i>Two Grain Options</i>				
# 1 Duva WW Bagel & Cream Cheese or Jelly	# 1 Super Bakery Zucchini Bread Slice	# 1 Sky Blue WG Honey Buns	# 1 Super Bakery Banana Bread Slice	# 1 Hot Breakfast Sandwich (WG Bun, Sausage & Cheese)
# 2 Arlington Vally Farms Snackin' Waffle	# 2 Hadley Farms Apple Roll	# 2 Jimmy Dean Pancake and Breakfast Sausage on a Stick	# 2 Hadley Farms Cinnamon Bun	# 2 H F Raspberry Cream Cheese Bar
<i>One Grain Options and Grain Alternates</i>				
# 3 Assorted Whole Grain Cereals	# 3 Assorted Whole Grain Cereals	# 3 Assorted Whole Grain Cereals	# 3 Assorted Whole Grain Cereals	# 3 Assorted Whole Grain Cereals
# 4 Assorted Whole Grain Muffins	# 4 Assorted Whole Grain Muffins	# 4 Assorted Whole Grain Muffins	# 4 Assorted Whole Grain Muffins	# 4 Assorted Whole Grain Muffins
# 5 1 oz String Cheese	# 5 1 oz String Cheese	# 5 1 oz String Cheese	# 5 1 oz String Cheese	# 5 1 oz String Cheese
# 6 4 oz Yogurt	# 6 4 oz Yogurt	# 6 4 oz Yogurt	# 6 4 oz Yogurt	# 6 4 oz Yogurt
#7 1 oz Sunflower Seeds	#7 1 oz Sunflower Seeds	#7 1 oz Sunflower Seeds	#7 1 oz Sunflower Seeds	#7 1 oz Sunflower Seeds



A complete breakfast consists of one or two grains, fruit, fruit juice and a choice of milk.

Students must take at least three items from at least two different groups.

A fruit or 100% fruit juice must be taken with each breakfast.



