

April High School Breakfast Menu

This printable version of the menu will replace the printed menus provided by the schools

Monday	Tuesday	Wednesday	Thursday	Friday
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3	4	5	6	7
<p>Banana Benefit Bar (WSEM), Egg & Potato B'fast Burrito (WSEM)</p> <p>Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W)</p> <p>Graham Crackers (WS),Mandarin Orange Cup</p> <p>Apple Juice, White Milk (M), Chocolate Milk (M)</p>	<p>Cherry Danish(WSM), Egg & Turkey Sausage B'fast Pizza (WSEM)</p> <p>Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W)</p> <p>Graham Crackers (WS), Pear Fruit Cup</p> <p>Orange Juice, White Milk (M), Chocolate Milk (M)</p>	<p>Sausage, Egg & Cheese Biscuit (WSEMP), Oatmeal Benefit Bar (WSEM)</p> <p>Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W)</p> <p>Graham Crackers (WS), Peaches Fruit Cup</p> <p>Apple Juice, White Milk (M), Chocolate Milk (M)</p>	<p>Ham & Cheese B'fast Sandwich (WSEM), Bagel (WS) & Cr. Cheese (M)</p> <p>Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W)</p> <p>Graham Crackers (WS), Blood Orange</p> <p>Orange Juice, White Milk (M), Chocolate Milk (M)</p>	<p>Blueberry Waffles (WSME), Breakfast Treat (WSEM)</p> <p>Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W)</p> <p>Graham Crackers (WS), Peaches Fruit Cup</p> <p>Apple Juice, White Milk (M), Chocolate Milk (M)</p>
10	11	12	13	14
<p>Sausage, Egg & Cheese Biscuit (WSEMP), Banana Muffins (WSEM)</p> <p>Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W)</p> <p>Graham Crackers (WS), Dole Peach Cup</p> <p>Orange Juice, White Milk (M), Chocolate Milk (M)</p>	<p>French Toast Benefit Bar (WSEM), Egg & Turkey Sausage B'fast Pizza (WSEM)</p> <p>Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W)</p> <p>Graham Crackers (WS), Mandarin Orange CupApple Juice, White Milk (M), Chocolate Milk (M)</p>	<p>Maple Pancakes (WSEM), Sausage Gravy Biscuit (WSEMP)</p> <p>Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W)</p> <p>Graham Crackers (WS), Dole Peach Cup</p> <p>Orange Juice, White Milk (M), Chocolate Milk (M)</p>	<p>Berry Blast Fench Toast (WSEM), Bagel (SW) & Cr. Cheese (M)</p> <p>Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W)</p> <p>Graham Crackers (WS),Blood Orange</p> <p>Apple Juice, White Milk(M), Chocolate Milk (M)</p>	<p>Egg and Potato B'fast Burrito (WEMS), Breakfast Treat (WSEM)</p> <p>Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W)</p> <p>Graham Crackers (WS), Pear Fruit Cup</p> <p>Apple Juice, White Milk (M), Chocolate Milk (M)</p>

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17 Banana Benefit Bar (WSEM), Egg & Potato B'fast Burrito (WSEM) Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W) Graham Crackers (WS), Mandarin Orange Cup Apple Juice, White Milk (M), Chocolate Milk (M)	18 Cherry Danish(WSM), Egg & Turkey Sausage B'fast Pizza(WSEM) Chocolate Mini Wheats(WS), Frosted Flakes(WS), Fruity Cheerios(W), Golden Grahams(W) Graham Crackers(WS), Peach Cup, Orange Juice, White Milk(M), Chocolate Milk(M)	19 Egg & Cheese Biscuit(WSEM), Oatmeal Benefit Bar(WSEM) Chocolate Mini Wheats(WS), Frosted Flakes(WS), Fruity Cheerios(W), Golden Grahams(W) Graham Crackers(WS), Applesauce Apple Juice, White Milk(M), Chocolate Milk(M)	20 Cheesy Ham & Egg B'fast Sandwich(WSEM), Bagel(WS) & Cr Cheese(M) Chocolate Mini Wheats(WS), Frosted Flakes(WS), Fruity Cheerios(W), Golden Grahams(W) Graham Crackers(WS), Blood Orange, Orange Juice, White Milk(M), Chocolate Milk(M)	21 Blueberry Mini Waffles(WSME), Breakfast Treat(WSEM) Chocolate Mini Wheats(WS), Frosted Flakes(WS), Fruity Cheerios(W), Golden Grahams(W) Graham Crackers(WS), Peaches Fruit Cup Apple Juice, White Milk(M), Chocolate Milk(M)
24 Sausage, Egg & Cheese Biscuit (WSEMP), Banana Muffins (WSEM) Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W) Graham Crackers (WS), Applesauce, Orange Juice, white Milk (M), Chocolate Milk (M)	25 French Toast Benefit Bar (WSEM), Egg & Turkey Sausage B'fast Pizza (WSEM) Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W) Graham Crackers (WS), Mandarin Orange Cup, Apple Juice, white Milk (M), Chocolate Milk (M)	26 Maple Pancakes (WSEM), Sausage Gravy Biscuit (WSEMP) Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W) Graham Crackers (WS), Applesauce Orange Juice, White Milk (M), Chocolate Milk (M)	27 Berry Blast Fench Toast (WSEM), Bagel (SW) & Cr. Cheese (M) Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W) Graham Crackers (WS), Blood Orange Apple Juice, White Milk(M), Chocolate Milk (M)	28 Egg and Potato B'fast Burrito (WEMS), Breakfast Treat (WSEM) Chocolate Mini Wheats (WS), Frosted Flakes (WS), Fruity Cheerios (W), Golden Grahams(W) Graham Crackers (WS), Pear Fruit Cup Apple Juice, White Milk (M), Chocolate Milk (M)

Key to ingredients:

The item may contain: eggs (E), fish (F), milk (M), pork (P), soy (S), wheat (W). Student Nutrition does not serve or use any products that contain peanuts, tree nuts, or shellfish.

Breakfast is available at these schools:

Elementary: Abbott Loop, Airport Heights, Alaska Native Cultural Charter, Aurora, Bowman, Campbell, College Gate, Creekside Park, Denali MONTessori, Eagle River, Fairview, Gladys Wood, Government Hill, Kasuun, Lake Hood, Mountain View, Mount Illiamna, North Star, Northern Lights ABC, Orion, Rogers Park, Russian Jack, Sand Lake, Scenic Park, Susitna, Tudor, Turnagain, Ursa Major, Ursa Minor, Whaley, Wonder Park. **Middle:** Central, Gruening, Hanshew, Mears, Mirror Lake, Romig

Breakfast Variations:

Breakfast in the Classroom schools do not get the second choice each day: Baxter, Chester Valley, Chinook, Klatt, Lake Otis, Muldoon, Northwood, Nunaka Valley, Ptarmigan, Russian Jack, Susitna, Taku, Tyson, Williwaw, Willow Crest and Wendler Middle School. **Breakfast Grab and Go:** Begich and Clark

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