

March 2020

# National School Breakfast Week Menu



WEST SONOMA COUNTY  
HIGH SCHOOL DISTRICT

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Sausage Cheese English Muffin w/Hash Brown	Yogurt, Fruit & Granola Parfait (French Toast w/Sausage)	Biscuit and Sausage gravy	Yogurt Fruit & Granola Parfait Or Breakfast Taco Bowl (eggs, sausage, hash brown, in a WG corn tortilla)	Ham or Sausage and Cheese Croissant w/Egg

**Other Daily Options**

Eggo Mini Waffles or Pancakes, Pillsbury Mini-Cini's or Apple Frudel, Whole Wheat Bagel with Cream Cheese, Double Chocolate Muffin, (Cereal, Oatmeal, Pop Tarts or Granola Bars all mix or match: Mix 2 choices or just take 1 with milk or protein choice)

**Rotating Items Tues & Thurs:** French Toast, Ham and cheese ripper, Pancake on a stick, Premade sausage sandwich, WG cinnamon roll, Belgian Waffle w/berries, or Butter Bar

**START WITH YOUR CHOICE OF ENTRÉE**  
Menu item from above



**ADD A FRUIT**

100% Fruit Juice, Applesauce, Dry fruit cup, or Seasonal Fruit: Grapes, Bananas, Oranges, Apples, Pears

**ENJOY YOUR MEAL!!**

Meal includes 4 Food Items – 2 Grains (or 1 Grain & 1 Protein), Fruit/Fruit Juice and Milk

You can take all 4 Food Items or a minimum of 3. One Menu Item must be ½ cup Fruit/Fruit Juice.

**Brunch Prices**

Student Brunch..... \$2.00  
Reduced Student Brunch..... 30¢  
Free Student Brunch.....no charge  
Adult Brunch..... \$2.75 plus tax  
A complete breakfast meal is served at brunch and includes entrée, milk and fruit or fruit juice.

*Water dispenser available in the cafeteria*

*Try the Chicken and Waffles  
Lunch on Thursday 3/5/20.  
(Chicken Tenders & Waffles)*

**GREAT OPTIONS! YOU CHOOSE!**

**GRAB & GO BRUNCH**  
Yoplait Yogurt, Fruit, & Granola Parfait



**OTHER IDEAS**  
Milk + Apple + 1 Pop Tart  
1 Granola Bar + 1 String Cheese + Fruit Juice  
1 Oatmeal Pack + Milk + Apple  
Milk + 1 Cereal Bowl + Grapes  
1 Yogurt (4 oz) + 1 Pop Tart + Watermelon

This institute is an equal opportunity provider.