

Seneca High School



February 2019

Student Breakfast Prices

Student Paid \$1.10
 Student Reduced \$.30
 Milk \$.55

Janet Mullaney

Child Nutrition Director
 janet.mullaney@wattsburg.org

Breakfast Selection

Juice – 4 oz.
 Orange
 Apple

Milk Selection

Skim White
 1% White

Cereals

All cereals are 4 whole grains, lower sugar, and child friendly
 Bowl pack = 1 bread/grain



U.S.D.A. Breakfast Requirements:

- ½ cup fruit or juice
- 2 grains or 2 meat/meat alternatives or 1 of each daily
- 1 cup fat free or 1% milk
- Choose 2 of 3

Menu Items Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Eggs* Fresh Fruit Juice/Milk
4 Pancake & Sausage on a Stick Fresh Fruit Juice/Milk	5 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	6 Funnel Cake Fresh Fruit Juice/Milk	7 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	8 Eggs* Fresh Fruit Juice/Milk
11 Pancake & Sausage on a Stick Fresh Fruit Juice/Milk	12 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	13 Funnel Cake Fresh Fruit Juice/Milk	14 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	15 No School Act 80 Day
18 No School	19 Snow Make Up Day Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	20 Funnel Cake Fresh Fruit Juice/Milk	21 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	22 Eggs* Fresh Fruit Juice/Milk
28 Pancake & Sausage on a Stick Fresh Fruit Juice/Milk	29 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	30 Funnel Cake Fresh Fruit Juice/Milk	31 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	March 1 Eggs* Fresh Fruit Juice/Milk

*Eggs May Include:

Cheese Omelet with
 English Muffin
 Breakfast Wrap
 Breakfast Taco
 Breakfast Sandwich



Daily Breakfast Options Include:

Breakfast Pizza
 Bagel Bites
 Breakfast Bars
 Donuts
 Cereal
 Oatmeal Honey Bun

