

# Seneca High School



## January 2019

### Student Breakfast Prices

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

Janet Mullaney

Child Nutrition Director  
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### 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
31 Pancake & Sausage on a Stick Fresh Fruit Juice/Milk	1 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	2 Funnel Cake Fresh Fruit Juice/Milk	3 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	4 Eggs* Fresh Fruit Juice/Milk
7 Pancake & Sausage on a Stick Fresh Fruit Juice/Milk	8 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	9 Funnel Cake Fresh Fruit Juice/Milk	10 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	11 Eggs* Fresh Fruit Juice/Milk
14 Pancake & Sausage on a Stick Fresh Fruit Juice/Milk	15 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	16 Funnel Cake Fresh Fruit Juice/Milk	17 No School	18 No School
21 No School 	22 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	23 Funnel Cake Fresh Fruit Juice/Milk	24 Yogurt Bar Banana Top Muffin Fresh Fruit Juice/Milk	25 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	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

