

# Seneca High School



## April 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
1 Pancake & Sausage on a Stick Fresh Fruit/Juice Fat Free Milk	2 Yogurt Bar Banana Top Muffin Fresh Fruit/Juice Fat Free Milk	3 Funnel Cake Fresh Fruit/Juice Fat Free Milk	4 Yogurt Bar Teddy Graham Fresh Fruit/Juice Fat Free Milk	5 Eggs* Fresh Fruit/Juice Fat Free Milk
8 Pancake & Sausage on a Stick Fresh Fruit/Juice Fat Free Milk	9 Yogurt Bar Banana Top Muffin Fresh Fruit/Juice Fat Free Milk	10 Funnel Cake Fresh Fruit/Juice Fat Free Milk	11 Yogurt Bar Teddy Graham Fresh Fruit/Juice Fat Free Milk	12 Eggs* Fresh Fruit/Juice Fat Free Milk
15 Pancake & Sausage on a Stick Fresh Fruit/Juice Fat Free Milk	16 Yogurt Bar Banana Top Muffin Fresh Fruit/Juice Fat Free Milk	17 Funnel Cake Fresh Fruit/Juice Fat Free Milk	Snow Make Up Day 18	19 No School
22 No School	23 No School Snow Make Up Day	24 Funnel Cake Fresh Fruit/Juice Fat Free Milk	25 Yogurt Bar Teddy Graham Fresh Fruit/Juice Fat Free Milk	26 Eggs* Fresh Fruit/Juice Fat Free Milk
29 Pancake & Sausage on a Stick Fresh Fruit/Juice Fat Free Milk	30 Yogurt Bar Banana Top Muffin Fresh Fruit/Juice Fat Free Milk	1 Funnel Cake Fresh Fruit/Juice Fat Free Milk	2 Yogurt Bar Teddy Graham Fresh Fruit/Juice Fat Free Milk	3 Eggs* Fresh Fruit/Juice Fat Free 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

