

Seneca High School



May 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 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
6 Pancake & Sausage on on a Stick Fresh Fruit/Juice Fat Free Milk	7 Yogurt Bar Banana Top Muffin Fresh Fruit/Juice Fat Free Milk	8 Funnel Cake Fresh Fruit/Juice Fat Free Milk	9 Yogurt Bar Teddy Graham Fresh Fruit/Juice Fat Free Milk	10 Eggs* Fresh Fruit/Juice Fat Free Milk
13 Pancake & Sausage on on a Stick Fresh Fruit/Juice Fat Free Milk	14 Yogurt Bar Banana Top Muffin Fresh Fruit/Juice Fat Free Milk	15 Funnel Cake Fresh Fruit/Juice Fat Free Milk	16 Yogurt Bar Teddy Graham Fresh Fruit/Juice Fat Free Milk	17 Eggs* Fresh Fruit/Juice Fat Free Milk
20 Pancake & Sausage on on a Stick Fresh Fruit/Juice Fat Free Milk	21 Yogurt Bar Banana Top Muffin Fresh Fruit/Juice Fat Free Milk	22 Funnel Cake Fresh Fruit/Juice Fat Free Milk	23 Yogurt Bar Teddy Graham Fresh Fruit/Juice Fat Free Milk	24 Snow Make-Up Day No School
No School 27 	28 Yogurt Bar Banana Top Muffin Fresh Fruit/Juice Fat Free Milk	29 Funnel Cake Fresh Fruit/Juice Fat Free Milk	30 Yogurt Bar Teddy Graham Fresh Fruit/Juice Fat Free Milk	31 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

