

Bendle High School

Breakfast & Grab N Go



Dawn Pully 810-591-2148
Food Service Director

Kitchen Manager
Shelly Swann
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Breakfast Menu 2023-24 School Year

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Breakfast Strawberry Bagelful, Fruit, Juice & Milk Grab N Go Bagel Toppers or Cocoa Puff Bar w Cheese Stick, Watermelon Raisins, Juice & Milk	Breakfast Breakfast Pizza, Fruit, Juice & Milk Grab N Go Apple Frudel or Mixed Berry Bread, Cherry Craisins, Juice & Milk	Breakfast Chocolate Muffin, Fruit, Juice & Milk Grab N Go UBR w Cheese Stick or Choc Chip Benefit Bar, Zee Zee's Dried Fruit, Juice & Milk	Breakfast Yogurt Bar w Granola, Fruit, Juice & Milk Grab N Go Dunkin Stix or Smores Bar w Gogurt, Strawberry Raisins, Juice & Milk	Breakfast Western Scramble w English Muffin, Fruit, Juice & Milk Grab N Go Beef & Cheese Sticks w Scooby Grahams or Apple Cinn Texas Toast, Fruit, Juice & Milk
2	Breakfast 2 Egg & Cheese Omelets w Crunch Mania Crackers, Fruit, Juice & Milk Grab N Go Blueberry Nutri Grain Bar w Cheese Stick or Fudge Pop Tart, Watermelon Raisins, Juice & Milk	Breakfast Sausage Egg & Cheese English Muffins, Fruit, Juice & Milk Grab N Go Cinnamon French Toast or Peach Cheerio Bar, Cherry Craisins, Juice & Milk	Breakfast Mixed Berry Bread, Fruit, Juice & Milk Grab N Go Banana Round w Cheese Stick or Cherry Chip Muffin, Dried Fruit, Juice & Milk	Breakfast Fruit Smoothies w Glazed Donut Holes, Fruit, Juice & Milk Grab N Go Powdered Donut Holes or Cherry Apple Crunch Bar w Cheese Stick, Strawberry Raisins Juice & Milk	Breakfast Biscuits & Gravy w/ Sausage Patty, Fruit, Juice & Milk Grab N Go Smuckers Breakfast Bites w Cheese Sticks or Banana Bread, Strawberry Craisins, Juice & Milk
3	Breakfast 2 Cinnamon Blueberry Breadsticks, Fruit, Juice & Milk Grab N Go Lucky Charm Cereal Bar or Banana Choc Chunk Benefit Bar, Watermelon Raisins, Juice & Milk	Breakfast Choc Chip Pancakes, Fruit, Juice & Milk Grab N Go Cherry Frudel or Brown Sugar Cinnamon Pop Tart, Cherry Craisins, Juice & Milk	Breakfast Powdered Donuts, Fruit, Juice & Milk Grab N Go Lemon Bread or Cinni Mini, Dried Fruit, Juice & Milk	Breakfast Yogurt Bar w Granola, Fruit, Juice & Milk Grab N Go Choc Chip Muffin or Apple Nutri Grain Bar both w Mixed Berry GoGurt, Strawberry Raisins, Juice & Milk	Breakfast Breakfast Tacos w Salsa, Fruit, Juice & Milk Grab N Go Beef & Cheese Stick or Hard Boiled Egg w Cheese Stick, Graham Cracker, Fruit, Juice & Milk
4	Breakfast French Toast Sticks, Fruit, Juice & Milk Grab N Go Confetti Pancakes w Syrup or Golden Graham Cereal Bar w Cheese Stick, Watermelon Raisins, Juice & Milk	Breakfast Breakfast Pizza, Fruit, Juice & Milk Grab N Go Banana Muffin w Cheese Stick or Blueberry Waffle w Syrup, Cherry Craisins, Juice & Milk	Breakfast Blueberry Muffin, Fruit, Juice & Milk Grab N Go UBR or Strawberry Nutri Grain Bar, Cheese Stick w both, Dried Fruit, Juice & Milk	Breakfast Tropical Smoothies w/ Glazed Donut, Fruit, Juice & Milk Grab N Go Cinnamon Bun or Strawberry Pop Tart, Strawberry Raisins, Juice & Milk	Breakfast Bacon Egg & Cheese Croissant, Fruit, Juice & Milk Grab N Go Bagel Toppers w Teddy Grahams or 2 GoGurts w French Toast Grahams, Fruit, Juice & Milk
5	Breakfast Apple Frudel, Fruit, Juice & Milk Grab N Go Breakfast Burrito w Emoji Grahams or Smores Bar a Cheese Stick, Watermelon Raisins, Juice & Milk	Breakfast Blueberry Waffles, Fruit, Juice & Milk Grab N Go Strawberry Bagelful or Banana Bread, Cherry Craisins, Juice & Milk	Breakfast 2 Dunkin Stix, Fruit, Juice & Milk Grab N Go Blueberry Donut or UBR, Dried Fruit, Juice & Milk	Breakfast Yogurt Bar w Granola, Fruit, Juice & Milk Grab N Go Apple Cinnamon Round or Glazed Donut Holes, Cheese Stick, Strawberry Raisins, Juice & Milk	Breakfast Breakfast Bowls w a Biscuit, Fruit, Juice & Milk Grab N Go Beef & Cheese Sticks or Hard Boiled Eggs w Cheese Stick, Graham Crackers, Strawberry Craisins, Juice & Milk
6	Breakfast Cinni Minis, Fruit, Juice & Milk Grab N Go Tornados or GoGurts, Graham Crackers, Raisins, Juice & Milk	Breakfast 2 Egg & Cheese Omelets w Crunch Mania, Fruit, Juice & Milk Grab N Go Cinni Mini or Mixed Berry Bread, Cherry Craisins, Juice & Milk	Breakfast Banana Bread, Fruit, Juice & Milk Grab N Go Cinn Brown Sugar Pop Tart or Blueberry Nutri Grain Bar w Cheese Stick, Dried Fruit, Juice & Milk	Breakfast Blueberry Bash Smoothie w Glazed Donut Holes, Fruit, Juice & Milk Grab N Go Powdered Donuts or French Toast Benefit Bar, Straw Raisins, Juice & Milk	Breakfast Breakfast Burritos w Salsa, Fruit, Juice & Milk Grab N Go Fudge Pop Tarts or GoGurt w French Toast Grahams, Strawberry Craisins, Juice & Milk

Breakfast Times
7:15 am – 7:45 am

Grab N Go Times
8:58 am -9:10 am

No Breakfast will be served before or after these times

Served Daily at Breakfast
Oatmeal
Variety of Pop Tarts
Variety of Cereal

You may only eat one Breakfast per day, you will be charged \$1.75 per each additional meal

Low-Fat White Milk And Fat Free Chocolate and Strawberry Milk Available Daily

Menu Subject to Change Without Notice

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

MEALS ARE FREE FOR ALL STUDENTS