

BENDLE HIGH SCHOOL BREAKFAST & GRAB N GO MENU 2017 – 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 <u>2017</u> <u>2018</u> 9-4 1-15 10-16 2-26 11-27 4-16 5-28	BREAKFAST Oatmeal French Toast Sticks Juice/Milk/Fresh Fruit GRAB N GO Strawberry- Cheerio cereal bar or Blueberry Pop Tart Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Choice of Donut Juice/Milk/Fresh Fruit GRAB N GO Choice of Donut Choice of Muffin or Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Peanut Butter Wrap Juice/Milk/Fresh Fruit GRAB N GO Banana Bread or Choice of Cinn or Straw Bagel Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Yogurt Bar Juice/Milk/Fresh Fruit GRAB N GO Cinni Mini or Uber Bar Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Breakfast Burrito Juice/Milk/Fresh Fruit GRAB N GO Banana or Choc Bar or Yogurt Pouch w Graham Cracker Juice/Milk/Fresh Fruit
WEEK 2 <u>2017</u> <u>2018</u> 9-11 1-22 10-23 3-5 12-4 4-23 6-4	BREAKFAST Oatmeal Pancake Stick Juice/Milk/Fresh Fruit GRAB N GO Coco Krispy Cereal Bar or Fudge Pop Tart Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Choice of Muffin Juice/Milk/Fresh Fruit GRAB N GO Choice of Donut or Apple Cinn French Toast Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Funnel Cake Juice/Milk/Fresh Fruit GRAB N GO Mixed Berry Bread or Choice of Cinn or Straw Bagel Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Yogurt Bar Juice/Milk/Fresh Fruit GRAB N GO Cherry Frudel or Uber Bar Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Potato Casserole Juice/Milk/Fresh Fruit GRAB N GO Banana or Choc Bar or Yogurt Pouch w Graham Cracker Juice/Milk/Fresh Fruit
WEEK 3 <u>2017</u> <u>2018</u> 9-18 1-29 10-30 3-12 12-11 4-30	BREAKFAST Oatmeal Maple Waffle Juice/Milk/Fresh Fruit GRAB N GO Golden Graham Cereal Bar or Strawberry Pop Tart Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Choice of Cereal(2 bowls) Juice/Milk/Fresh Fruit GRAB N GO Choice of Muffin or Cereal Bar Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Breakfast Pizza Juice/Milk/Fresh Fruit GRAB N GO Chocolate Bread or Choice of Cinn or Straw Bagel Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Yogurt Bar Juice/Milk/Fresh Fruit GRAB N GO Apple Frudel or Uber Bar Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Biscuits & Gravy Juice/Milk/Fresh Fruit GRAB N GO Banana or Choc Bar or Yogurt Pouch w Graham Cracker Juice/Milk/Fresh Fruit
WEEK 4 <u>2017</u> <u>2018</u> 9-25 2-5 11-6 3-19 12-18 5-7	BREAKFAST Oatmeal Pancakes Juice/Milk/Fresh Fruit GRAB N GO Coco Puff Cereal Bar or Cinnamon Pop Tart Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Choice of Muffins Juice/Milk/Fresh Fruit GRAB N GO Choice of Donut or Blueberry Waffle Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Omelets w Graham Cracker Juice/Milk/Fresh Fruit GRAB N GO Banana Bread or Choice of Cinn or Straw Bagel Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Yogurt Bar Juice/Milk/Fresh Fruit GRAB N GO Cinni Mini or Uber Bar Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Breakfast Sandwich Juice/Milk/Fresh Fruit GRAB N GO Banana or Choc Bar or Yogurt Pouch w Graham Cracker Juice/Milk/Fresh Fruit
WEEK 5 <u>2017</u> <u>2018</u> 10-2 1-1 11-13 2-12 3-26 5-14	BREAKFAST Oatmeal French Toast Sticks Juice/Milk/Fresh Fruit GRAB N GO Trix Cereal Bar or Blueberry Pop Tart Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Choice of Donuts Juice/Milk/Fresh Fruit GRAB N GO Choice of Muffins or Lucky Charms Cereal Pack Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Breakfast Pizza Juice/Milk/Fresh Fruit GRAB N GO Mixed Berry Bread or Choice of Cinn or Straw Bagel Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Yogurt Bar Juice/Milk/Fresh Fruit GRAB N GO Cherry Frudel or Uber Bar Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Hashbrown Casserole Juice/Milk/Fresh Fruit GRAB N GO Banana or Choc Bar or Yogurt Pouch w Graham Cracker Juice/Milk/Fresh Fruit
WEEK 6 <u>2017</u> <u>2018</u> 10-9 1-8 11-20 2-19 4-9 5-21	BREAKFAST Oatmeal Pancake Stick Juice/Milk/Fresh Fruit GRAB N GO Cinnamon Toast Cereal Bar or Fudge PopTart Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Choice of Muffins Juice/Milk/Fresh Fruit GRAB N GO Choice of Donuts or Apple Jacks Cereal Pack Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Funnel Cake Juice/Milk/Fresh Fruit GRAB N GO Chocolate Bread or Choice of Cinn or Straw Bagel Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Yogurt Bar Juice/Milk/Fresh Fruit GRAB N GO Apple Frudel or Uber Bar Cheese Stick Juice/Milk/Fresh Fruit	BREAKFAST Oatmeal Biscuits & Gravy Juice/Milk/Fresh Fruit GRAB N GO Banana or Choc Bar or Yogurt Pouch w Graham Cracker Juice/Milk/Fresh Fruit

Grab n go- you may select 1 main item

MENU SUBJECT TO CHANGE

High School Head Cook, Traci Wilkinson - 591-2160

