

# Bendle High School Breakfast & Grab N Go



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Food Service Director

Kitchen Manager  
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810-591-2160

## Breakfast Menu 2018-19 School Year

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>Breakfast</b> French Toast Sticks, Fruit, Juice & Milk <b>Grab N Go</b> Strawberry Cereal Bar or Blueberry Pop Tart, Fruit, Juice & Milk	<b>Breakfast</b> Egg Omelet, Fruit, Juice & Milk <b>Grab N Go</b> Choice of Donut or Muffin, Fruit, Juice & Milk	<b>Breakfast</b> PB&J Sandwich, Fruit, Juice & Milk <b>Grab N Go</b> Banana Bread or Bagelful, Fruit, Juice & Milk	<b>Breakfast</b> Yogurt Bar, Fruit, Juice & Milk <b>Grab N Go</b> Cinna Mini or Uber Bar, Fruit, Juice & Milk	<b>Breakfast</b> Breakfast Burrito, Fruit, Juice & Milk <b>Grab N Go</b> Banana Ch Chunk Bar or Yogurt w Graham Cracker, Fruit, Juice & Milk
<b>2</b>	<b>Breakfast</b> Pancake Stick, Fruit, Juice & Milk <b>Grab N Go</b> Coco Krispy Cereal Bar or Fudge Pop Tart, Fruit, Juice & Milk	<b>Breakfast</b> Choice of Muffin, Fruit, Juice & Milk <b>Grab N Go</b> Apple Cinnamon French Toast or Donut, Fruit, Juice & Milk	<b>Breakfast</b> Funnel Cake, Fruit, Juice & Milk <b>Grab N Go</b> Mixed Berry Bread or Bagelful, Fruit, Juice & Milk	<b>Breakfast</b> Yogurt Bar, Fruit, Juice & Milk <b>Grab N Go</b> Cherry Frudel or Uber Bar, Fruit, Juice & Milk	<b>Breakfast</b> Hash brown Casserole, Fruit, Juice & Milk <b>Grab N Go</b> Banana Ch Chunk Bar or Yogurt w Graham Cracker, Fruit, Juice & Milk
<b>3</b>	<b>Breakfast</b> Maple Waffle, Fruit, Juice & Milk <b>Grab N Go</b> Golden Graham Cereal Bar or Straw Pop Tart, Fruit, Juice & Milk	<b>Breakfast</b> Egg, Sausage and Hash Brown Patty, Fruit, Juice & Milk <b>Grab N Go</b> Choice of Muffin or Cereal Bar, Fruit, Juice & Milk	<b>Breakfast</b> Breakfast Pizza, Fruit, Juice & Milk <b>Grab N Go</b> Choc Bread or Bagelful, Fruit, Juice & Milk	<b>Breakfast</b> Yogurt Bar, Fruit, Juice & Milk <b>Grab N Go</b> Egg Boat or Uber Bar, Fruit, Juice & Milk	<b>Breakfast</b> Biscuits & Gravy, Fruit, Juice & Milk <b>Grab N Go</b> Banana Ch Chunk Bar or Yogurt w Graham Cracker, Fruit, Juice & Milk
<b>4</b>	<b>Breakfast</b> Pancakes, Fruit, Juice & Milk <b>Grab N Go</b> Coco Puff Cereal Bar or Cinn Pop Tart, Fruit, Juice & Milk	<b>Breakfast</b> Breakfast Sliders, Fruit, Juice & Milk <b>Grab N Go</b> Choice of Donut or Blueberry Waffle, Fruit, Juice & Milk	<b>Breakfast</b> Omelet, Fruit, Juice & Milk <b>Grab N Go</b> Banana Bread or Lucky Charm Pouch, Fruit, Juice & Milk	<b>Breakfast</b> Yogurt Bar, Fruit, Juice & Milk <b>Grab N Go</b> Cinni Mini or PB Grahamwich w Yogurt, Fruit, Juice & Milk	<b>Breakfast</b> Breakfast Sandwich, Fruit, Juice & Milk <b>Grab N Go</b> Banana Ch Chunk Bar or Yogurt w Graham Cracker, Fruit, Juice & Milk
<b>5</b>	<b>Breakfast</b> French Toast Sticks, Fruit, Juice & Milk <b>Grab N Go</b> Trix Cereal Bar or Blueberry Pop Tart, Fruit, Juice & Milk	<b>Breakfast</b> Confetti Pancakes, Fruit, Juice & Milk <b>Grab N Go</b> Choice of Muffin or Lucky Charms, Fruit, Juice & Milk	<b>Breakfast</b> Breakfast Pizza, Fruit, Juice & Milk <b>Grab N Go</b> Mixed Berry Bread or Bagelful, Fruit, Juice & Milk	<b>Breakfast</b> Yogurt Bar, Fruit, Juice & Milk <b>Grab N Go</b> Cherry Frudel or Mystery Breakfast, Fruit, Juice & Milk	<b>Breakfast</b> Hash Brown Casserole, Fruit, Juice & Milk <b>Grab N Go</b> Banana Ch Chunk Bar or Yogurt w Graham Cracker, Fruit, Juice & Milk
<b>6</b>	<b>Breakfast</b> Pancake Stick, Fruit, Juice & Milk <b>Grab N Go</b> Cinn. Toast Cereal Bar or Fudge Pop Tart, Fruit, Juice & Milk	<b>Breakfast</b> Choice of Muffin, Fruit, Juice & Milk <b>Grab N Go</b> Choice of Donut or Apple Jack Cereal, Fruit, Juice & Milk	<b>Breakfast</b> Funnel Cake, Fruit, Juice & Milk <b>Grab N Go</b> Choc Bread or Bagelful, Fruit, Juice & Milk	<b>Breakfast</b> Yogurt Bar, Fruit, Juice & Milk <b>Grab N Go</b> Apple Frudel or Uber Bar, Fruit, Juice & Milk	<b>Breakfast</b> Biscuits & Gravy, Fruit, Juice & Milk <b>Grab N Go</b> Banana Ch Chunk Bar or Yogurt w Graham Cracker, Fruit, Juice & Milk

MENU SUBJECT TO CHANGE

**MEALS ARE FREE FOR EVERYONE**

**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 \$1.25 per each additional meal**

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

September 2018							October 2018							November 2018							December 2018							January 2019						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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16	17	18	19	20	21	22	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
23	24	25	26	27	28	29	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
30							28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	27	28	29	30	31			

WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEK 6

February 2019							March 2019							April 2019							May 2019							June 2019											
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S					
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24	25	26	27	28			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31													

USDA IS AN EQUAL OPPURTUNITY PROVIDER AND EMPLOYEEE