

HORSEHEADS INTERMEDIATE & MIDDLE SCHOOL 2017-2018 BREAKFAST MENU

**YOU MAY CHOOSE 1
(EACH = 2 ITEMS)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST ON A STICK	BREAKFAST SANDWICH	BREAKFAST PIZZA	BREAKFAST SANDWICH	MINI PANCAKES
CINNAMON ROLL	CINNAMON ROLL	CINNAMON ROLL	CINNAMON ROLL	CINNAMON ROLL
WHOLE BAGEL w/PB or Cream Cheese & Jelly or Margarine	WHOLE BAGEL w/PB or Cream Cheese & Jelly or Margarine	WHOLE BAGEL w/PB or Cream Cheese & Jelly or Margarine	WHOLE BAGEL w/PB or Cream Cheese & Jelly or Margarine	WHOLE BAGEL w/PB or Cream Cheese & Jelly or Margarine

****ALL BREAD ITEMS ARE 51% WHOLE GRAIN RICH****

OR

**YOU MAY CHOOSE UP TO
2 DIFFERENT ITEMS
(EACH = 1 ITEM)**

- * GOLDFISH GRAHAM CRACKER
- * CEREAL BOWL
- * OATMEAL
- * SMART CHOICE MUFFIN TOP
- * BREAKFAST OATMEAL BAR
- * YOGURT
- * BREAKFAST SMOOTHIE (MONDAY & FRIDAY) - Also counts as 1 fruit

BREAKFAST PRICES	
Student Meal:	\$1.25
Reduced Meal:	\$0.25
Juice:	\$0.75
Milk:	\$0.75

AND

**YOU MUST CHOOSE 1
YOU MAY CHOOSE 2
(EACH = 1 ITEM)**

**FRESH OR CANNED FRUIT
100% FRUIT JUICE**
Only one choice can be a juice



**YOU MAY
ALSO CHOOSE
(EACH = 1 ITEM)**

1 ASSORTED LOW FAT MILK

IMPORTANT NOTE:
A complete breakfast must consist of a minimum of 3 items, and 1 item must be a serving of fruit or fruit juice.