

# Spotsylvania County Public Schools

## High School Breakfast Menu August 2019

\*Menu Subject to change based on  
availability\*

**Note:** Students may take one entrée,  
up to 1 cup of fruit and one milk



*USDA is an Equal Opportunity  
Provider and Employer.*



## MENU CHOICES

### Monday

Sausage Biscuit

### Tuesday

\*NEW\* Fresh Baked Cinnamon Roll  
Fruit Smoothie w/wo Graham Cracker

### Wednesday

Breakfast Sausage Pizza

### Thursday

Pancake & Sausage Wrap  
Fruit Smoothie w/wo Graham Cracker

### Friday

Egg Omelet w/wo Biscuit  
Whole Grain Donut

### **DAILY GRAB-N-GO CHOICES:**

Cinni Mini's, Fruit Frudel, Mini Pancakes  
Fruit & Yogurt Parfait w/wo Granola  
Assorted Cereal or Cereal Bar w/wo choice of Graham  
Crackers or String Cheese  
WG Muffin w/wo String Cheese  
Bagel w/wo Cream Cheese

### **DAILY FRUIT CHOICES:**

- Fresh Apple or Apple Slices, Orange, Banana  
-100% Fruit Juice Cup