

## High School Breakfast Menu

### Monday

**Hot Pocket or  
Breakfast Pizza ( egg, cheese, sausage, peppers)  
Bagel / Cream Cheese or Peanut Butter  
Assorted Cereal  
Assorted Fruit / Fruit Juice  
Milk**

### Tuesday

**The Panther Morning Sandwich  
(Hash Brown & Ham Slice in an English muffin with Cheese)  
Or French toast Sticks/ Syrup  
Assorted Cereal  
Bagel/ Cream Cheese or Peanut Butter  
Assorted Fruit / Fruit Juice  
Milk**

### Wednesday

**Breakfast Burrito  
( EGG & CHEESE OR EGG, HAM, CHEESE & PEPPER)  
IN A WARM TORTILLA WITH SALSA  
Yogurt Parfait with Homemade Cinnamon Whole Wheat Coffee Cake  
Assorted Cereal  
Bagel / Cream Cheese or Peanut Butter  
Assorted Fruit/ Fruit Juice  
Milk**

### Thursday

**Egg & Cheese & Ham English muffin Sandwich  
Home Fries  
Assorted Cereal  
Bagel / Cream Cheese or Peanut Butter  
Assorted Fruit / Fruit Juice  
Milk**

### Friday

**Sausage & Cheese Biscuit or  
Pancake & Sausage Sandwich with Syrup  
Assorted Cereal  
Bagel/ Cream Cheese or Peanut Butter  
Assorted Fruit / Fruit Juice**

**Milk**