

~MAY 2017~

FORT PLAIN JR/SR HIGH SCHOOL: GRADE 7-12: BREAKFAST

ALL STUDENTS EAT BREAKFAST AND LUNCH FOR FREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Office of Child Nutrition: 993-4000 #1003

MENU SUBJECT TO CHANGE WITHOUT NOTICE

1		2		3 BUILD YOUR OWN		4		5	
Multi Grain Cereal	Graham Crackers	French Toast Sticks	Syrup	Honey Wheat Biscuit	Sausage and Cheese	Apple Frudel Pastry or	Cherry Frudel Pastry	Mini Bagel Pack	Sausage Links
Pineapple Tidbits	100% Fruit Juice	Blueberries	100% Fruit Juice	Tropical Fruit Mix	100% Fruit Juice	Sliced Strawberries	100% Fruit Juice	Fresh Fruit	100% Fruit Juice

8		9		10 BUILD YOUR OWN		11		12	
Bagel w/cream cheese	or jelly & margarine	Sausage or Bacon	Breakfast Pizza	Croissant	Egg and Bacon	Whole Grain Baked	Funnel Cake	Pancake on a Stick	w/sausage
Mandarin Oranges	100% Fruit Juice	Fruit Cocktail	100% Fruit Juice	Pineapple Tidbits	100% Fruit Juice	Fresh Fruit	100% Fruit Juice	Applesauce	100% Fruit Juice

15		16		17 BUILD YOUR OWN		18		19	
Multi Grain Cereal	Graham Crackers	Breakfast Burrito or	Pancake on a Stick	Honey Wheat Biscuit	Ham, Egg, Cheese	Whole Grain	Chocolate Chip Muffin	Mini Bagel Pack	Sausage Links
Diced Peaches	100% Fruit Juice	Fresh Fruit	100% Fruit Juice	Watermelon	100% Fruit Juice	Tropical Fruit Mix	100% Fruit Juice	Mandarin Oranges	100% Fruit Juice

22		23		24 BUILD YOUR OWN		25		26	
Bagel w/cream cheese	or jelly & margarine	French Toast Sticks	Syrup	Croissant	Egg and Bacon	Whole Grain Baked	Funnel Cake	Fruit Frudel Pastry	Sausage Links
Fresh Apple	100% Fruit Juice	Pineapple Tidbits	100% Fruit Juice	Fruit Cocktail	100% Fruit Juice	Sliced Strawberries	100% Fruit Juice	Applesauce	100% Fruit Juice

29		30		31 BUILD YOUR OWN		1		2	
MEMORIAL DAY		Sausage or Bacon	Breakfast Pizza	Honey Wheat Biscuit	Sausage & Cheese	Assorted Whole Grain	Muffins	Multi Grain Cereal	Graham Crackers
School Closed		Potluck Fruit	100% Fruit Juice	Diced Peaches	100% Fruit Juice	Tropical Fruit Mix	100% Fruit Juice	Sliced Strawberries	100% Fruit Juice

- ✓ Daily Breakfast Alternates: Cereal or Bagel , Yogurt w/Grain 
- ✓ ***Low Fat and Fat Free Served Milk Daily***
- ✓ This institution and the USDA are equal opportunity providers