

2022-2023

# Grand Saline High School Breakfast

*Eat Breakfast! It's the most important meal of the day!*

| FOOD GROUPS                     | <i>Mondays</i>                              | <i>Tuesdays</i>  | <i>Wednesdays</i>                      | <i>Thursdays</i>                    | <i>Fridays</i>   |
|---------------------------------|---|--|--|-------------------------------------|--|
| <b>ENTRÉE<br/>(Grains/Meat)</b> | Eggstravaganza w/Toast                      | Sausage Mcgriddle  | French Toast Sticks                    | Breakfast Pizza Bites               | Yogurt Box   |
|                                 | Assorted Muffin                             | Cinnamon Roll  | Breakfast Burrito                      | Dutch Waffle                        | Pancake Sausage on a Stick                                     |
|                                 | Assorted Cereals w/ Graham Crackers         | Assorted Cereals w/ Graham Crackers  | Assorted Cereals w/ Graham Crackers    | Assorted Cereals w/ Graham Crackers | Assorted Cereals w/ Graham Crackers                            |
|                                 | Grab & Go 2nd Chance                        | Grab & Go 2nd Chance   | Grab & Go 2nd Chance                   | Grab & Go 2nd Chance                | Grab & Go 2nd Chance   |
| <b>SIDES</b>                    |   | Bacon  | Sausage                                | Bacon                               |  |
| <b>FRUIT</b>                    | Fresh, Canned or Frozen Fruit               | Fresh, Canned or Frozen Fruit  | Fresh, Canned or Frozen Fruit          | Fresh, Canned or Frozen Fruit       | Fresh, Canned or Frozen Fruit                                  |
|                                 | Assorted Fruit Juices                       | Assorted Fruit Juices  | Assorted Fruit Juices                  | Assorted Fruit Juices               | Assorted Fruit Juices  |
| <b>MILK</b>                     | 1% White, Skim Flavored                     | 1% White, Skim Flavored  | 1% White, Skim Flavored                | 1% White, Skim Flavored             | 1% White, Skim Flavored  |
| <b>CONDIMENTS</b>               |   |  | Syrup , Salsa                          |                                     | Syrup  |
|                                 | <b>FOUR DIFFERENT ENTRÉES OFFERED DAILY</b> | <b>STUDENTS MUST CHOOSE 3 ITEMS FROM THE 4 FOOD GROUPS LISTED. ONE MUST BE A FRUIT OR JUICE.</b> | <b>MOST ENTRÉES COUNT AS TWO ITEMS</b> |                                     | <b>MENUS ARE SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY</b> |