

# September 2022

## Middle and High School Breakfast



For a Complete Breakfast Meal,  
Students Must Take at Least 3 of the 4  
Components, and One must be a Fruit:

Milk, Fruit, Grain, and Protein

Milk Choice:

(Hormone & Antibiotic Free)

Skim, 1% or Fat Free Chocolate

Gluten Free Meals are Available Only to  
Students with Documented Restrictions.

Please See Separate Gluten Free Menu

Any Questions please email:

[haug-eric@aramark.com](mailto:haug-eric@aramark.com)

### Daily Offerings:

- Bacon, Egg, and Cheese on a Whole Grain Bagel
- Whole Grain Muffin
- Reduced Fat Strawberry Pop Tart
- NutriGrain Bar
- Breakfast Cereal Bar
- Whole Grain Cereal