

September 2021

Middle and High School Breakfast Menu

A Complete Breakfast Meal:
Students Must Take at Least 3
of the 4 Components:
Milk, Fruit, Grain and Protein

Milk Choice:
Skim, 1% or Fat Free Chocolate
Hormone & Antibiotic Free

Gluten Free Meals are Available
Only to Students with
Documented Restrictions
Please See Separate Gluten
Free Menu

Any questions please email:
cooper-nicole@aramark.com

All School Meals Are
Free For All
Students Until 6/30/22



This institution is an equal opportunity provider.



1

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Whole Grain Muffin
Choice of Fruit and
Milk

2

Bacon, Egg, and
Cheese on Whole
Grain Bagel
Reduced Fat
Strawberry Pop Tart
Choice of Fruit and
Milk

3

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Breakfast Cereal Bar
Choice of Fruit and
Milk

6

School Closed

7

School Closed

Rosh Hashanah

8

School Closed

Rosh Hashanah

9

Bacon, Egg, and
Cheese on Whole
Grain Bagel
Reduced Fat
Strawberry Pop Tart
Choice of Fruit and
Milk

10

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Breakfast Cereal Bar
Choice of Fruit and
Milk

13

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Whole Grain Cereal
Choice of Fruit and
Milk

14

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Whole Grain Muffin
Choice of Fruit and
Milk

15

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Whole Grain Muffin
Choice of Fruit and
Milk

16

School Closed

Yom Kippur

17

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Breakfast Cereal Bar
Choice of Fruit and
Milk

20

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Whole Grain Cereal
Choice of Fruit and
Milk

21

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Whole Grain Muffin
Choice of Fruit and
Milk

22

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Whole Grain Muffin
Choice of Fruit and
Milk

23

Bacon, Egg, and
Cheese on Whole
Grain Bagel
Reduced Fat
Strawberry Pop Tart
Choice of Fruit and
Milk

24

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Breakfast Cereal Bar
Choice of Fruit and
Milk

27

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Whole Grain Cereal
Choice of Fruit and
Milk

28

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Whole Grain Muffin
Choice of Fruit and
Milk

28

Bacon, Egg, and
Cheese on Whole
Grain Bagel

Whole Grain Muffin
Choice of Fruit and
Milk

30

Bacon, Egg, and
Cheese on Whole
Grain Bagel
Reduced Fat
Strawberry Pop Tart
Choice of Fruit and
Milk

