

October 2021

Middle and High School Breakfast



**For A Complete Breakfast Meal, Students
Must Take at Least 3 of the 4
Components:**

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:

Cooper-nicole@aramark.com

Daily Offerings:

- 1. Bacon, Egg, and
Cheese on a Whole
Grain Bagel**
- 2. Whole Grain Muffin**
- 3. Reduced Fat
Strawberry Pop Tart**
- 4. Breakfast Cereal Bar**
- 5. Whole Grain Cereal**

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