

December 2021

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:

Cooper-nicole@aramark.com

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

Daily Offerings:

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