

Secondary School Breakfast

Bethel High, Hampton High, Kecoughtan High, Phoebus High

Eaton Middle, Jones Middle, Lindsay Middle, Syms Middle, & Spratley Gifted

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrees (Choose 1)	Beef Maple Sausage Breakfast Sandwich	Turkey Ham & Cheese on Hawaiian Bread	Beef Sausage & Cheese on Mini Bagel	Breakfast Smoothie & Graham Crackers	Sausage Pancake on Stick
	<i>Yogurt & Graham Crackers</i>	<i>Yogurt & Graham Crackers</i>	<i>Yogurt & Graham Crackers</i>	<i>Yogurt & Graham Crackers</i>	<i>Yogurt & Graham Crackers</i>
	Breakfast Donut Ring	Oatmeal Breakfast Bun	Breakfast Donut Ring	Oatmeal Breakfast Bun	Breakfast Donut Ring
	<i>Breakfast Cereal</i>	<i>Breakfast Cereal</i>	<i>Breakfast Cereal</i>	<i>Breakfast Cereal</i>	<i>Breakfast Cereal</i>
	Poptart & Mozzarella String Cheese	Poptart & Mozzarella String Cheese	Poptart & Mozzarella String Cheese	Poptart & Mozzarella String Cheese	Poptart & Mozzarella String Cheese
Fruits (May choose 2) *One fruit juice per meal	Baby Carrots	Baby Carrots	Hashbrown	Baby Carrots	Baby Carrots
	Juice	Juice	Juice	Juice	Juice
	Fruit	Fruit	Fruit	Fruit	Fruit
Milk Variety: Choose One	Milk	Milk	Milk	Milk	Milk