Seguin High School Breakfast

SERVED DAILY

FRESH WHOLE FRUIT & CHILLED FRUIT
1% WHITE OR FAT FREE MILK

Breakfast Meal Prices: STUDENT: ADULT: **FREE** \$2.85

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--------------------|--|---------------------|--|---|--|
| 2 | 3 | 4 | 5 | 6 | |
| <u>*Labor Day*</u> | PANCAKE ON A STICK | WAFFLES | STRAWBERRY PARFAIT w/ | PEANUT BUTTER & STRAWBERRY | |
| *District Holiday* | SHOR | w/ Syrup | <u>Homemade Granola</u> | JELLY SANDWICH | |
| 9 | 10 | 11 | 12 | 13 | |
| <u>CEREAL</u> | SAUSAGE, EGG, & CHEESE UNCRUSTABLE | OVERNIGHT OATS | <u>SAUSAGE</u> <u>KOLACHE</u> | <u>BREAKFAST</u> <u>BAGEL PIZZA</u> | |
| 16 | 17 | 18 | 19 | 20 | |
| <u>CEREAL</u> | SAUSAGE, EGG, & CHEESE BURRITO | <u>PANCAKES</u> | STRAWBERRY PARFAIT w/ Homemade Granola | <u>BREAKFAST</u> <u>PIZZA w/</u> <u>COUNTRY GRAVY</u> | |
| 23 | 24 | 25 | 26 | 27 | |
| <u>CEREAL</u> | HOT FRENCH TOAST STICKS | OVERNIGHT OATS | SAUSAGE KOLACHE | <u>BREAKFAST</u> <u>BAGEL PIZZA</u> | |
| 30 | October 1 | October 2 | October 3 | October 4 | |
| <u>CEREAL</u> | <u>PANCAKE ON A</u> <u>STICK</u> | WAFFLES w/ Syrup | STRAWBERRY PARFAIT w/ Homemade Granola | PEANUT BUTTER & STRAWBERRY JELLY SANDWICH | |
| | | | | | |

| Breakfast Bars | | | | | |
|-------------------------------------|---|--------------------|---|-------------------------------------|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| <u>Breakfast Taco</u> <u>Bar</u> | <u>Breakfast</u> <u>Sandwich Bar</u> <u>Smoothies</u> | Breakfast Taco Bar | <u>Breakfast</u> <u>Sandwich Bar</u> <u>Smoothies</u> | <u>Breakfast Taco</u> <u>Bar</u> | |

MENU IS SUBJECT TO CHANGE

CEREALS

Cocoa Puffs **Honey Cheerios Cinnamon Toast Crunch**

Lucky Charms Blueberry Chex Honey Nut Cheerios

Cereal, Muffins, Poptarts, PB&J Sandwich Fresh/Chilled Fruit 100% Fruit Juice 1% Milk or Fat Free Chocolate Milk

All Students Receive FREE Breakfast and Lunch



