

High School Breakfast

Monday

2

Assorted Benefit Bars
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

Tuesday

3

Strawberry Crisp Soft Bar
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

Wednesday

4

Brekkie
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

Thursday

5

Mini Cinnis
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

Friday

6

Mini Maple Pancakes
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

9

Assorted Benefit Bars
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

10

Buttery Maple Waffle
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

11

Strudel Frudel Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

12

Yogurt Parfait Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

13

Banana Bread Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

16

Assorted Benefit Bars
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

17

Cinnamon Filled Toast
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

18

Brekkie Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

19

Mini Cinnis Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

20

Mini Maple Pancakes
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

23

Assorted Benefit Bars
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

24

Buttery Maple Waffle
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

25

Strudel Frudel Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

26

Yogurt Parfait Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

27

Banana Bread Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

30

Cinnamon Filled Toast
Strawberry Poptart
Uncrustable
Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

31

Brekkie
Strawberry Poptart
Uncrustable
Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

1

Mini Cinnis
Strawberry Poptart
Uncrustable
Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

2

Mini Maple Pancakes
Strawberry Poptart
Uncrustable
Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

3

6

Assorted Benefit Bars
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

7

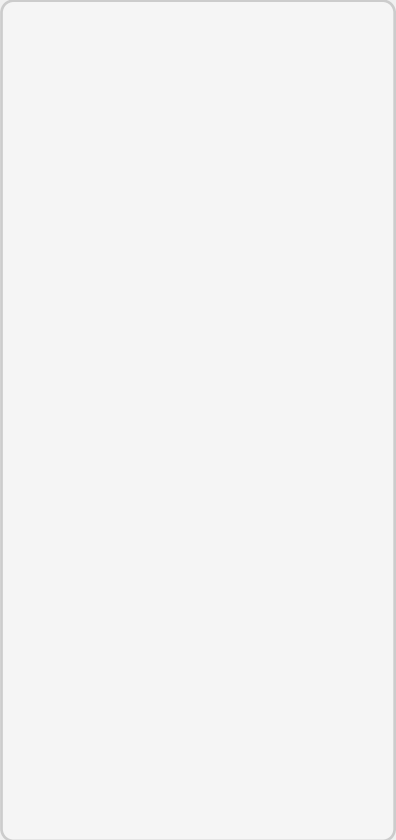
Buttery Maple Waffle
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

8

Strudel Frudel
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices

9

Yogurt Parfait
Strawberry Poptart
Uncrustable Cereal Bar
Assorted Cereal Choices
Assorted Fresh Fruit
100% Fruit Juice Choices
Milk Choices



Even though meals are free this year, families that qualify for free and reduced meals may be eligible for other benefits, including reduced rates for middle and high activities; district funding for reduced class sizes, counseling and social work services; reduced tuition and/or scholarships for early childhood programming; and title I funds for district academic support.

Apply line at colheights.k12.mn.us/EdBenefits or pick up an application from your school's office. Call 763-528-4520 with questions.

Menus subject to change. USDA is an equal opportunity employer and provider.