



Nogales Unified School District High School Breakfast Menu January 2019



All Breakfast Entrees
Count As Two Items for
USDA & NSLP
Requirements

	1	2	3	4
<p>Students MUST Select At Least 3 Items For Breakfast.</p> <p>One Of The 3 Items MUST Be A Fruit</p>			<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p style="font-size: 1.2em; color: #008080;"><i>Happy New Year!</i></p> </div>	
<p style="text-align: center;">7</p> <p>Whole Wheat Pancakes w/ Turkey Sausage Chocolate Chip Breakfast Round Assorted Whole Grain Cereal w/ Wheat Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">8</p> <p>Whole Cereal Bar & String Cheese Breakfast Pizza Assorted Whole Grain Cereal w/ Wheat Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">9</p> <p>Blueberry Breakfast on a Stick Trix Yogurt w/ Graham Crackers Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">10</p> <p>Pastry w/ String Cheese Cinnamon Mini Cinni's Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">11</p> <p>Poptart Cereal Bar & String Cheese Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>
<p style="text-align: center;">14</p> <p>Blueberry Muffin w/ String Cheese Oatmeal Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">15</p> <p>Breakfast Pizza Cereal Bar w/ String Cheese Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">16</p> <p>Whole Wheat Pancakes w/ Turkey Sausage Chocolate Chip Ultimate Breakfast Bar Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">17</p> <p>Breakfast on a Stick Stuffed Bagel Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">18</p> <p>Apple Frudel w/ String Cheese Cinnamon Mini Cinni's Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>
	<p style="text-align: center;">22</p> <p>Breakfast Burrito Strawberry Mini Bagel Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">23</p> <p>Whole Grain Breakfast Pizza Whole Grain Mini Pancakes Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">24</p> <p>Wild West Eggs Double Berry Parfait Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">25</p> <p>Waffles w/ Turkey Sausage Cereal Bar w/ String Cheese Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>
<p style="text-align: center;">28</p> <p>Cherry Frudel w/ String Cheese Whole Grain Apple Muffin Assorted Whole Grain Cereal w/ Wheat Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">29</p> <p>Whole Grain Pancakes Granola Bar w/ String Cheese Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">30</p> <p>Turkey Sausage & Cheese Muffin Cereal Bar & String Cheese Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p style="text-align: center;">31</p> <p>Bagel Cinnamon Mini Double Berry Parfait Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	

Nutritional information is available at the food service office.

Menu subject to change without notice.

"This institution is an equal opportunity provider."

