



# BREAKFAST @SCHOOL

**For first-class learning!**

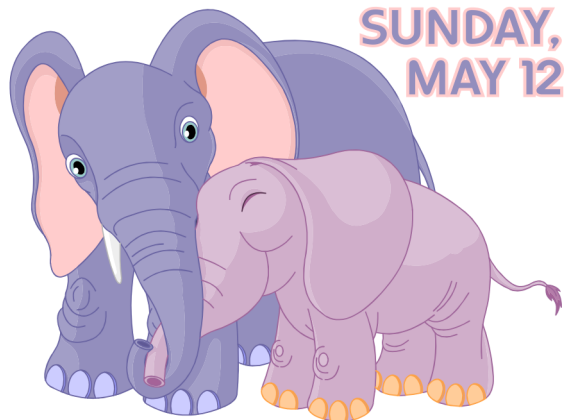
**Senior High School Breakfast Menu**

Featuring  
Healthy Fruits  
& Grains!

## BREAKFAST MENU FOR MAY 2019

*This institution is an equal opportunity provider and employer.*

## MOTHER'S DAY SUNDAY, MAY 12



**Wednesday, May 1**

### Hot Breakfast Entrée Choices

Plain Egg Patty  
(1 grain)  
Mini  
Cinis  
(2 grains)  
  
Egg & Cheese  
Sandwich  
(2 grains)

**Thursday, May 2**

### Hot Breakfast Entrée Choices

Cheese Omelet  
(1 grain)  
Sausage &  
Pancake Wrap  
(2 grains)  
Egg & Cheese  
Sandwich  
(2 grains)

**Friday, May 3**

### Hot Breakfast Entrée Choices

Plain Egg Patty  
(1 grain)  
Mini Cinis  
(2 grains)  
Breakfast Pizza  
(2 grains)  
Egg & Cheese  
Sandwich  
(2 grains)

## SAFETY FIRST.

Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**Monday, May 6**

### Hot Breakfast Entrée Choices

Plain Egg Patty  
(1 grain)  
French Toast  
Sticks  
(2 grains)  
  
Egg & Cheese  
Sandwich  
(2 grains)

**Tuesday, May 7**

### Hot Breakfast Entrée Choices

Cheese Omelet  
(1 grain)  
Pillsbury  
Pancake  
Baggie  
(2 grains)  
  
Egg & Cheese  
Sandwich  
(2 grains)

**Wednesday, May 8**

### Hot Breakfast Entrée Choices

Plain Egg Patty  
(1 grain)  
Mini  
Cinis  
(2 grains)  
  
Egg & Cheese  
Sandwich  
(2 grains)

**Thursday, May 9**

### Hot Breakfast Entrée Choices

Cheese Omelet  
(1 grain)  
Sausage &  
Pancake Wrap  
(2 grains)  
Egg & Cheese  
Sandwich  
(2 grains)

**Friday, May 10**

### Hot Breakfast Entrée Choices

Plain Egg Patty  
(1 grain)  
Mini Cinis  
(2 grains)  
Breakfast Pizza  
(2 grains)  
Egg & Cheese  
Sandwich  
(2 grains)

## Available

### Choose 2 Items

Fruit Juice, Fresh Fruit  
or dished fruit

### \*Must Choose 1 Fruit Item

### Choose 1 Item

Milk: 1%, Fat-Free White Chocolate

### Choose 2 Items

Bagelette, muffin, cereal, yogurt or  
cheese stick

**Monday, May 13**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Plain Egg Patty**  
(1 grain)  
**French Toast Sticks**  
(2 grains)

**Egg & Cheese Sandwich**  
(2 grains)

**Tuesday, May 14**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Cheese Omelet**  
(1 grain)  
**Pillsbury Pancake Baggie**  
(2 grains)

**Egg & Cheese Sandwich**  
(2 grains)

**Wednesday, May 15**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Plain Egg Patty**  
(1 grain)  
**Mini Cinis**  
(2 grains)

**Egg & Cheese Sandwich**  
(2 grains)

**Thursday, May 16**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Cheese Omelet**  
(1 grain)  
**Sausage & Pancake Wrap**  
(2 grains)  
**Egg & Cheese Sandwich**  
(2 grains)

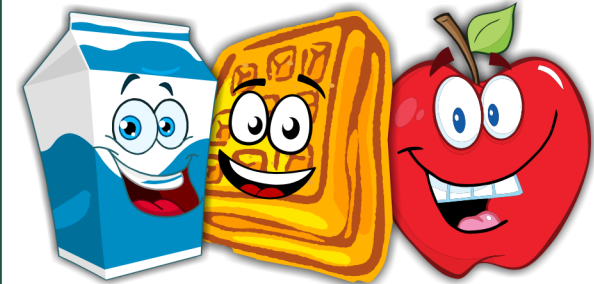
**Friday, May 17**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Plain Egg Patty**  
(1 grain)  
**Mini Cinis**  
(2 grains)  
**Breakfast Pizza**  
(2 grains)  
**Egg & Cheese Sandwich**  
(2 grains)

**come join us for**

**Breakfast@School**



**Monday, May 20**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Plain Egg Patty**  
(1 grain)  
**French Toast Sticks**  
(2 grains)

**Egg & Cheese Sandwich**  
(2 grains)

**Tuesday, May 21**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Cheese Omelet**  
(1 grain)  
**Pillsbury Pancake Baggie**  
(2 grains)

**Egg & Cheese Sandwich**  
(2 grains)

**Wednesday, May 22**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Plain Egg Patty**  
(1 grain)  
**Mini Cinis**  
(2 grains)

**Egg & Cheese Sandwich**  
(2 grains)

**Thursday, May 23**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Cheese Omelet**  
(1 grain)  
**Sausage & Pancake Wrap**  
(2 grains)  
**Egg & Cheese Sandwich**  
(2 grains)

**Friday, May 24**



**No School Today**

**Monday, May 27**



**Tuesday, May 28**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Cheese Omelet**  
(1 grain)  
**Pillsbury Pancake Baggie**  
(2 grains)

**Egg & Cheese Sandwich**  
(2 grains)

**Wednesday, May 29**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Plain Egg Patty**  
(1 grain)  
**Mini Cinis**  
(2 grains)

**Egg & Cheese Sandwich**  
(2 grains)

**Thursday, May 30**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Cheese Omelet**  
(1 grain)  
**Sausage & Pancake Wrap**  
(2 grains)  
**Egg & Cheese Sandwich**  
(2 grains)

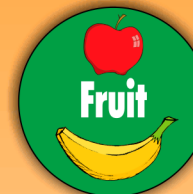
**Friday, May 31**

**Hot Breakfast**  
**Entrée**  
**Choices**

**Plain Egg Patty**  
(1 grain)  
**Mini Cinis**  
(2 grains)  
**Breakfast Pizza**  
(2 grains)  
**Egg & Cheese Sandwich**  
(2 grains)

**First things First**

**To make a breakfast, choose at least one**



or



**and at least three items total**



**RUSH-HENRIETTA  
FOOD SERVICES DEPARTMENT**