

February 2018

Jasper High School

BREAKFAST



Students are offered Fruit, Dairy, and Grain items daily for a balanced breakfast.

Nutrition Tip:

Fifteen percent of Americans skip breakfast on a typical day, yet breakfast – including ready-to-eat cereal – contributes less than 20 percent of daily calories.



Reference: NHANES data 2009-2010

Monday

Tuesday

Wednesday

Thursday

Friday



Assorted Cereals **1**
Yogurt
Fruit
100% Juice
Milk

Bagel
Cream Cheese or
Butter and Jelly **2**
Fruit
100% Juice
Milk

Whole Grain Mini Cinnis **5**
Fruit
100% Juice
Milk

Bacon, Egg & Cheese **6**
Breakfast Sandwich
Fruit
100% Juice
Milk

Whole Grain Goody Bun **7**
Fruit
100% Juice
Milk

Whole Grain Mini Donuts **8**
Fruit
100% Juice
Milk

Whole Grain Strawberry **9**
Mini Bagels
Fruit
100% Juice
Milk

Whole Grain Dutch Waffle **12**
with Syrup
Fruit
100% Juice
Milk

Assorted Cereals **13**
Yogurt
Fruit
100% Juice
Milk

Whole Grain Frudel **14**
Fruit
100% Juice
Milk

Breakfast Pizza **15**
Fruit
100% Juice
Milk

Whole Grain Mini Pancakes **16**
Fruit
100% Juice
Milk

Whole Grain Pop Tarts **19**
Yogurt
Fruit
100% Juice
Milk

Assorted Cereal Bars **20**
Cheese Stick
Fruit
100% Juice
Milk

Sausage, Egg & Cheese **21**
Breakfast Sandwich
Fruit
100% Juice
Milk

Whole Grain Mini Donuts **22**
Fruit
100% Juice
Milk

Bagel **23**
Cream Cheese or
Butter and Jelly
Fruit
100% Juice
Milk

Whole Grain Dutch Waffle **26**
with Syrup
Fruit
100% Juice
Milk

Assorted Cereals **27**
Yogurt
Fruit
100% Juice
Milk

Whole Grain Frudel **28**
Fruit
100% Juice
Milk

