

SWEETWATER UNION HIGH SCHOOL DISTRICT

Breakfast 7-12

Breakfast Menu

2012-2013

MAIN ITEMS				
(Each serving counts for "two or three food items")				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Roll	Breakfast Pizza	Chocolate Muffin	Apple Turnover	Chorrzo & Egg Burrito
Cereal with Gram Crackers	Cereal with Gram Crackers	Cereal with Gram Crackers	Cereal with Gram Crackers	Cereal with Gram Crackers
Bean & Cheese Burrito	Yogurt with Gram Crackers	Egg & Sausage Sandwich	Breakfast Pizza Bagel	Breakfast Egg & Cheese Calzone
		FRUIT & VEGETABLE ITEMS (Each serving counts for "one food item")		
Assorted Fruit Bowl	Orange juice	Assorted Fruit Bowl	Apple Juice	Assorted Fruit Bowl
		MILK (Each serving counts for "one food item")		
1% White Milk or Non Fat Chocolate Milk	1% White Milk or Non Fat Chocolate Milk	1% WhiteMilk or Non Fat Chocolate Milk	1% White Milk or Non Fat Chocolate Milk	1% White Milk or Non Fat Chocolate Milk

*Contains 3 Food Items

Revised 6/14/12