



## Mason County Schools September 2017 High School Breakfast Menu

*Students must take at least 3 items with one being a fruit or a juice*

<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>	<b>FRIDAYS</b>
Sept 4 Sept 11 Sept 18 Sept 25	Sept 5 Sept 12 Sept 19 Sept 26	Sept 6 Sept 13 Sept 20 Sept 27	Sept 7 Sept 14 Sept 21 Sept 28	Sept 8 Sept 15 Sept 22 Sept 29
Sausage Pancake on A Stick/Syrup  Whole Grain Cereal Variety  100% Fruit Juice  Fresh/Canned Fruit  Milk Variety	WG Breakfast Pizza  Whole Grain Cereal Variety  100% Fruit Juice  Fresh/Canned Fruit  Milk Variety	WG Toaster Pastry Yogurt Variety  Whole Grain Cereal Variety  100% Fruit Juice  Fresh/Canned Fruit  Milk Variety	Sausage, Egg WG Biscuit  Whole Grain Cereal Variety  100% Fruit Juice  Fresh/ Canned Fruit  Milk Variety	Yogurt Parfait Mini Doughnuts  Whole Grain Cereal Variety  100% Fruit Juice  Fresh/Canned Fruit  Milk Variety

- All meals include availability of water. Menus are subject to change

**This Institution is an equal opportunity provider**

