



OHIO COUNTY SCHOOLS – CHILD NUTRITION DEPARTMENT
SEPTEMBER 2017
HIGH SCHOOL BREAKFAST MENU

STUDENTS MAY RECEIVE 1 FREE BREAKFAST MEAL PER DAY

Milk only or Extra Milk \$.40 Cash Only; Adults: \$4.00

Students must take at least 3 items, with one being a fruit or juice serving.

<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>FRIDAYS</u>
- September 11th September 18th September 25th	September 5th September 12th September 19th September 26th	September 6th September 13th September 20th September 27th	September 7th September 14th September 21st September 28th	September 8th September 15th September 22nd September 29th
Whole Grain Bagel w/wo Egg & Cheese OR Cream Cheese and/or Assorted Jelly	Whole Grain Cherry Frudel	Whole Grain Cinnamon French Toast/Syrup	Whole Grain Egg & Cheese Breakfast Sandwich	Whole Grain Bacon, Egg and Cheese Breakfast Pizza
Low Fat Yogurt & String Cheese	Low Fat Yogurt & String Cheese	Low Fat Yogurt & String Cheese	Low Fat Yogurt & String Cheese	Low Fat Yogurt & String Cheese
WG Cereal Variety	WG Cereal Variety	WG Cereal Variety	WG Cereal Variety	WG Cereal Variety
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Milk Variety	Milk Variety	Milk Variety	Milk Variety	Milk Variety

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

This institution is an equal opportunity provider.

CHILD NUTRITION OFFICE: 304-243-0477

2nd Chance Breakfast Available Daily After 2nd period offering a variety of the following:

Whole Grain Bars, WG Breads, WG Pop Tarts, Breakfast Sandwiches and/or other hot items;

Low Fat Yogurt, String Cheese, Fresh Fruit, Fruit Juices, & Milk.

Fruit & Yogurt smoothies are available on selected days.

