



# Eastmont High School Breakfast

# JAN

## MONDAY



## TUESDAY

2

Apple Frudel,  
Fruit & Yogurt Smoothie  
with Graham Crackers  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

## WEDNESDAY

3

Maple Brown Sugar Oatmeal  
w/ Cheese Stick or Graham Cracker,  
Fruit & Yogurt Smoothie  
with Graham Crackers  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

## THURSDAY

4

Bagel w/ Cream Cheese,  
Fruit & Yogurt Smoothie  
with Graham Crackers  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

## FRIDAY

5

Scratch Banana  
Muffin Top,  
Fruit & Yogurt Smoothie  
with Graham Crackers  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

Breakfast Includes: Choice of entrée or  
Cereal with Cheese Stick or Graham Crackers, choice of fruits, and low-fat milk or fat-free chocolate milk.

8

Breakfast Pizza,  
Fruit & Yogurt Smoothie  
with Graham Crackers  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

9

Pancake Bites  
w/ Cinnamon & Sugar,  
Fruit & Yogurt Smoothie  
with Graham Crackers  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

10

Biscuit w/ Old Fashioned  
Sausage Gravy,  
Fruit & Yogurt Smoothie  
with Graham Crackers  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

11

Chef's Choice Frittata  
w/ WG Toast,  
Fruit & Yogurt Smoothie  
with Graham Crackers  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

12

Scratch Made  
French Toast w/ Syrup,  
Fruit & Yogurt Smoothie  
with Graham Crackers  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

Menu Subject to Change Based on Product Availability

15

No School

16

Maple Brown Sugar Oatmeal  
w/ Cheese Stick or Graham Crackers,  
Fruit & Yogurt Smoothie  
w/ Graham Cracker,  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

17

Crunch Wrap  
w/ Salsa,  
Fruit & Yogurt Smoothie  
w/ Graham Cracker,  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

18

Just Peachy Parfait,  
Fruit & Yogurt Smoothie  
w/ Graham Cracker,  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

19

Cinnamon Roll  
w/ Icing,  
Fruit & Yogurt Smoothie  
w/ Graham Cracker  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

22

French Toast Sticks,  
Fruit & Yogurt Smoothie  
w/ Graham Cracker,  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

23

Blueberry Overnight Oats,  
Fruit & Yogurt Smoothie  
w/ Graham Cracker,  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

24

Breakfast Bowl  
w/ WG Toast,  
Fruit & Yogurt Smoothie  
w/ Graham Cracker,  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

25

Sausage & Egg Burrito  
w/ Salsa,  
Fruit & Yogurt Smoothie  
w/ Graham Cracker,  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

26

Cinnamon Roll  
w/ Icing,  
Fruit & Yogurt Smoothie  
w/ Graham Cracker,  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

29

No School

30

Apple Frudel,  
Fruit & Yogurt Smoothie  
w/ Graham Cracker,  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

31

Maple Brown Sugar Oatmeal  
w/ Cheese Stick or Graham Crackers  
Fruit & Yogurt Smoothie  
w/ Graham Cracker,  
or  
Choice of Breakfast  
Sandwich  
w/ Tater Tots

This institution is an equal opportunity provider.