

## HS/MS Daily School Breakfast Options



### Hot Breakfast Offered Daily:

- Monticello Bagel Bakery Bagels with Assorted Cream Cheeses or Butter
- Breakfast Sandwiches on Bagels or Croissants
- Breakfast Burrito or Breakfast on a Stick in rotation

### Cold Options Offered Daily:

- Assorted Cereals
- Assorted Yogurts
- Fruit
- Milk or Juice

### Options offered on an alternating basis:

- Banana, Blueberry, or Pumpkin Bread
- Whole Grain Muffins
- Waffles or Pancakes
- Cheese Omelets
- Mini Bagels
- Breakfast Bar Assortments

\*Monticello High School and Middle School offer at least 5 breakfast options daily for students to choose from.

What makes a complete breakfast:

2oz Grain EQ

Fruit or Fruit Juice

Milk

Protein options are a great addition and fueling part to breakfast as well!

