

# BEDFORD PUBLIC SCHOOLS

## SECONDARY BREAKFAST MENU

A SCHOOL BREAKFAST CONSISTS OF THE FOLLOWING:

ONE serving from each of the following components, two from one of the components, or an equivalent combination.

**BREAKFAST ENTRÉE,**

GRAINS & BREADS:

MEAT OR MEAT ALTERNATES:

**CHOICE OF ONE OF THE FOLLOWING,**

JUICE:

FRESH OR CANNED FRUIT:

**MILK:**

**EXAMPLES,**

whole-grain enriched bread, biscuit, roll, or muffin  
string cheese, large egg, peanut butter, yogurt

100% apple, orange, grape offerings  
apples, oranges, pears, peaches, applesauce  
1% white, skim chocolate, or skim strawberry

**Daily Breakfast Selections include:**

Choice of Cereals or Cereal Bars  
Choice of Muffins or Cinnamon Rolls  
String Cheese ... Graham Crackers  
Yogurt ... Granola

AND

Choice of 100% Fruit Juice ... OR ... Choice of Fresh Fruit

AND

Choice of Milk

**Daily Breakfast Offerings:**

MONDAY(s)	TUESDAY(s)	WEDNESDAY(s)	THURSDAY(s)	FRIDAY(s)
<b>CHOOSE 1:</b> - Tony's Breakfast Pizza  - Egg, Cheese, Sausage on a WG English Muffin  - Assorted WG Cereal & Crackers  - Benefit Bars  <b>CHOOSE 1:</b> - Choice of Juice or Fresh Fruit  <b>CHOOSE 1:</b> - Choice of Milk	<b>CHOOSE 1:</b> - Tony's Breakfast Pizza  - Kellog's Mini Pancakes  - Assorted WG Cereal & Crackers  - Benefit Bars  <b>CHOOSE 1:</b> - Choice of Juice or Fresh Fruit  <b>CHOOSE 1:</b> - Choice of Milk	<b>CHOOSE 1:</b> - Tony's Breakfast Pizza  - Egg, Cheese, Sausage on a Biscuit  - Assorted WG Cereal & Crackers  - Benefit Bars  <b>CHOOSE 1:</b> - Choice of Juice or Fresh Fruit  <b>CHOOSE 1:</b> - Choice of Milk	<b>CHOOSE 1:</b> - Tony's Breakfast Pizza  - Kellog's Mini Pancakes  - Assorted WG Cereal & Crackers  - Benefit Bars  <b>CHOOSE 1:</b> - Choice of Juice or Fresh Fruit  <b>CHOOSE 1:</b> - Choice of Milk	<b>CHOOSE 1:</b> - Tony's Breakfast Pizza  - Egg, Cheese, Sausage on a Biscuit  - Assorted WG Cereal & Crackers  - Benefit Bars  <b>CHOOSE 1:</b> - Choice of Juice or Fresh Fruit  <b>CHOOSE 1:</b> - Choice of Milk

**MEAL PRICES**

*Breakfast, \$1.20 ... Reduced-Priced Breakfast, \$0.30 ... Milk by itself costs \$0.45*

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