



H.W Porter Breakfast Menu

Grab n' Go an assortment of Whole Grain items will be available daily

Pumpkin Bread

Coffee Cake

Cinnamon Toast Crunch Cereal Bar and Yogurt

Bagel with Peanut Butter (peanut butter must be eaten in the cafeteria) or Cream Cheese

Cinnamon Roll

Hot Breakfast Selection

Tuesday – Egg & Cheese Omelet on a English Muffin

Wednesday- Apple Strudel Roll

Thursday- Apple Strudel Roll

Friday- Sausage Egg & Cheese on a Biscuit

Daily all meals will offer a 1 cup serving of fruit / 100% fruit juice and milk. Milk choices are low fat & fat free flavored or unflavored milk. Students must select a 1/2c serving of fruit or fruit juice. All grain items served will be whole grain.

Breakfast is free of charge to students who qualify for free lunch.

Thirty cents for students who qualify for reduced priced lunch.

\$1.50 for full pay students.

\$2.00 Adult Meal.

This institution is an equal opportunity provider.