



## **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.**