## ZACHARY HIGH

## Breakfast December 2020

## Grades 9th - 12th Grade - \$ 1.50

Monday	Tuesday	Wednesday	Thursday	Friday
•	01	02	03	04
	Breakfast Pizza	Waffles	Egg Slider Sandwich	Sausage Pattie
	Fruit and Juice	Hashbrowns	Fruit and Juice	Biscuit Stick
	Milk Choice	Fruit and Juice	Milk Choice	Fruit and Juice
		Milk Choice		Milk Choice
07				
Assorted Cereal	Breakfast Flatbread	Eggstravaganza	Mini Pancakes	Glazed Donut
Fruit and Juice	Fruit and Juice	Biscuit Stick	Fruit and Juice	Sausage Pattie
Milk Choice	Milk Choice	Fruit and Juice	Milk Choice	Fruit and Juice
		Milk Choice		Milk Choice
Scrambled Eggs & Biscuit	Breakfast Muffin	Pancakes	French Toast	Assorted Cereal
Fruit and Juice	Yogurt	Fruit and Juice	Sausage Pattie	Fruit and Juice
Milk Choice	Fruit and Juice	Milk Choice	Fruit and Juice	Milk Choice
	Milk Choice		Milk Choice	

## CHRISTMAS BREAK

Students <u>MUST</u> select 3-5 of the following Items:

Choice of 1-2 Grains \*
Choice of 1-2 Fruits\*\*
Choice of Milk

\* may include 1 meat as substitute grain

\*\* 1 juice allowed

For a complete breakfast: Students must choose at least ½ cup fruit