

# HIGH SCHOOL BREAKFAST MENU

CUSD Food & Nutrition Services

## AVAILABLE DAILY

HIGH SCHOOL BREAKFAST \$2.50

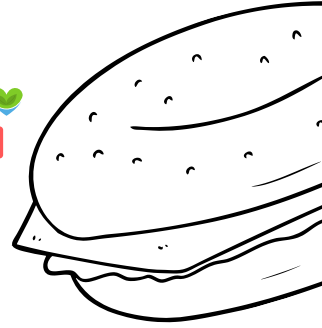
**Bagel with Cream Cheese:** plain bagel with cream cheese 🌱

**Oatmeal Chocolate Chip Bar:** whole grain breakfast bar with chocolate chips 🌱

**Warm Cinnamon Roll:** cinnamon roll with icing 🌱

**Sunshine Burrito:** spinach, peppers, onion and plant based sausage hand rolled in a tortilla 🌱🤝

**Zesty Pizza Stick:** pizza stick filled with mozzarella cheese, tomato sauce and pepperoni **P**



*also available*

## WEEKLY SPECIALS

week

1

**TUES: English Muffin Sandwich**-egg patty, swiss and turkey Canadian bacon on English muffin

**WED: Yogurt Parfait**-vanilla yogurt, strawberries, blueberries, blackberries, raspberries and granola 🌱

**THURS: Homemade Breakfast Burrito**-eggs, cheddar, Canadian Bacon and tomatillo hand-rolled in a tortilla

**FRI: Savory Breakfast Burrito**-eggs, provolone, tomato, red onion and bell pepper hand-rolled in a tortilla 🌱

week

2

**TUES: Breakfast Quesadilla**-eggs, bacon, cheddar, green onion and Frank's buffalo sauce in a tortilla **P**

**WED: Yogurt Parfait**-vanilla yogurt, strawberries, blueberries, blackberries, raspberries and granola 🌱

**THURS: Tex Mex Bowl**-eggs, bacon, cheddar, potato, tomato, red onion and tomatillo with English Muffin **P**

**FRI: Bacon & Egg Bagel**-egg patty, cheese and turkey bacon on bagel

🤝 Vegan

🌱 Vegetarian

**P** Contains Pork

## SIDES

fruit

Apple - Orange - Pear - Banana - Kiwi - Raisins - Apple Juice

milk

1% White Milk - Nonfat Chocolate Milk



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MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.  
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

## WHAT MAKES A BREAKFAST?

Breakfast is based on 3 choices daily:

FRUIT

GRAIN

MILK

Students must choose a fruit with their breakfast.