



PHS Breakfast Menu 2022-2023

Welcome to Breakfast!

Monday	Tuesday	Wednesday	Thursday	Friday
Your Choice of Frudel Apple or Cherry Eggo Waffles, French Toast or Pancakes Assorted Cereal Kits 100% Fruit Juice Assorted Fruits	Your Choice of Chocolate or Powdered Donuts Bagels 100% Fruit Juice Assorted Fruits	Your Choice of Banana or Blueberry Bread Pop-tart kit or Cocoa Krispies Bar kit Oatmeal w/Granola (seasonal) 100% Fruit Juice Assorted Fruits	Your Choice of Cinnamon Rolls or Assorted Muffins Bagels Breakfast Pizza Yogurt w/ Granola 100% Fruit Juice Assorted Fruits	Your Choice of Assorted Cereal Kits Donut Holes Oatmeal and Granola (seasonal) 100% Fruit Juice Assorted Fruits
Breakfast Prices	Student: \$1.50	Reduced: \$0.30	Milk: \$0.50	Adult: \$1.60

The above menu will be available for the entire school year. Students receiving free or reduced benefits for lunch will also receive free or reduced benefits for breakfast. Students are not allowed to charge any meals. Juice is 100% fruit juice. Chocolate or 1% white milk is served with each breakfast daily.

Toft's Milk is served daily

****For breakfast, each plate must have at least 3 items and 1 item must be a fruit. 4 items must be offered to students each breakfast. The 4 components of a breakfast are, 2 Grains or 1 grain & 1 Meat/Meat alternate, Fruit, 100% fruit juice, Vegetables, Milk. (Ex: Cereal, juice ½ cup and Milk is a complete breakfast or Donut, ½ cup juice & ½ cup of fruit is a complete breakfast)**

This institution is an equal opportunity provider

