

WINTER-SPRING 2023 REGION 19 SCHOOL DISTRICT



**Edwin O. Smith
High School**

MEAL PRICING:

Breakfast Full Price*	\$2.00
Reduced Breakfast Price*	\$0.30
Milk Only	\$0.50

*Forgot your breakfast money?

No problem, you can always charge a complete meal.

Breakfast Menu

January-July 2023

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Warm Honey Wheat Bagel & Cream Cheese	Warm Cinnamon Roll	Blueberry Muffin	Banana Bread	Whole Grain Donut Stick
2	Warm Cinnamon Raisin Bagel & Cream Cheese	Lemon Loaf	Raspberry & Cream Cheese Bar	Chocolate Chip Muffin Flat	Pumpkin Bread
3	Warm Blueberry Bagel & Cream Cheese	Warm Cinnamon Roll	Warm Croissant	Lemon-Blueberry Soft Baked Bar	Apple Cinnamon Muffin
4	Warm Honey Wheat Bagel & Cream Cheese	Banana Bread	Warm Cinnamon Roll	Strawberry Oatmeal Bar	Warm Croissant

Alternate meal choices available daily:

- Assorted whole grain cereal
- Breakfast sandwiches
- Pancakes
- Waffles
- Yogurt & Granola



Breakfast Includes:

Choice of fat free chocolate milk or 1% plain milk and two fruit choices.

Fruit choices include 100% juice, fresh, canned and dried fruits.

Menu subject to change due to availability of products. This institution is an equal opportunity provider.

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■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1.2015-2020 Dietary Guidelines for Americans
2.USDA. MyPlate.gov. <http://www.myplate.gov>.