

October 2017

West Boca Raton High Breakfast

MONDAY

2

- Cinnamon French Toast (26g)
- Assorted Cereals (23g) with Assorted Mini Loaves (27g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

TUESDAY

3

- Sausage Biscuit (29g)
- Assorted Cereals (23g) with Assorted Mini Loaves (27g)
- Cinnamon Roll (43g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

WEDNESDAY

4

- Cheese Omelet (1g) with Croissant Roll (15g)
- Assorted Cereals (23g) with Assorted Mini Loaves (27g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

THURSDAY

5

- Mini Sausage Pancake Wraps (20g)
- Assorted Cereals (23g) with Assorted Mini Loaves (27g)
- Cinnamon Roll (43g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

FRIDAY

6

- Double Stuffed Breakfast Cheese Pizza (28g) and Double Stuffed Breakfast Pepperoni Pizza (27g)
- Assorted Cereals (23g) with Assorted Mini Loaves (27g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

9

- Cinnamon French Toast (26g)
- Assorted Cereals (23g) with Assorted Mini Loaves (27g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

10

- Breakfast Burrito (16g)
- Assorted Cereals (23g) with Assorted Mini Loaves (27g)
- Cinnamon Breakfast Bun (34g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

11

- Cheese Omelet (1g) with Croissant Roll (15g)
- Assorted Cereals (23g) with Assorted Mini Loaves (27g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

12

- Mini Sausage Pancake Wraps (20g)
- Assorted Cereals (23g) with Nutrigrain Bar (24g)
- Cinnamon Breakfast Bun (34g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

13

- Double Stuffed Breakfast Cheese Pizza (28g) and Double Stuffed Breakfast Pepperoni Pizza (27g)
- Assorted Cereals (23g) with Assorted Mini Loaves (27g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

16

- Waffles Mini-Blueberry (37g)
- Assorted Cereals (23g) with Nutrigrain Bar (24g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

17

- Ham & Cheese on Hawaiian Bun (27g)
- Assorted Cereals (23g) with Nutrigrain Bar (24g)
- Blueberry Bread (47g) or Banana Bread (47g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

18

- Pancake Sausage Wrap (19g)
- Assorted Cereals (23g) with Nutrigrain Bar (24g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

19

- Cheese Omelet (1g) with Croissant Roll (15g)
- Assorted Cereals (23g) with Nutrigrain Bar (24g)
- Blueberry Bread (47g) or Banana Bread (47g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

20

- Chicken Sausage Pancake Sandwich (14g)
- Assorted Cereals (23g) with Nutrigrain Bar (24g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

23

- Mini Maple Waffles (38g)
- Assorted Cereals (23g) with Assorted Graham Crunchmania (37g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

24

- Cheese Omelet (1g) with Croissant Roll (15g)
- Assorted Cereals (23g) with Assorted Graham Crunchmania (37g)
- Blueberry Bread (47g) or Banana Bread (47g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

25

- Pancake Sausage Wrap (19g)
- Assorted Cereals (23g) with Assorted Graham Crunchmania (37g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

26

- Ham & Cheese on Hawaiian Bun (27g)
- Assorted Cereals (23g) with Assorted Graham Crunchmania (37g)
- Blueberry Bread (47g) or Banana Bread (47g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

27

- Sausage & Cheese Breakfast Bagel (26g)
- Assorted Cereals (23g) with Assorted Graham Crunchmania (37g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

30

- Cinnamon French Toast (26g)
- Assorted Cereals (23g) with Assorted Mini Loaves (27g)
- Honey Wheat Donut (38g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

31

- Sausage Biscuit (29g)
- Assorted Cereals (23g) with Assorted Mini Loaves (27g)
- Cinnamon Roll (43g)
Items Offered Daily
- Assorted Poptart w/ Cheese Stick Snack Pack (38g)
- Grape PB&J Sandwich (34g)
- Go Big Strawberry Yogurt (18g)

Breakfast Items Served Daily :Assorted Fresh Fruit (15g) , Assorted Fruit Cups (19g) , Assorted Canned Fruit (18g) , 100% Fruit Juice (6 oz) (21g) , Fat Free Chocolate Milk (22g) , Fat Free Milk Unflavored (12g) , 1% Milk Unflavored (12g)

More Details: <http://palmbeachschools.nutrislice.com/menu/west-boca-raton-high/breakfast/>
Layout, design & code © Nutrislice, Inc. Private and non-commercial uses permitted.
Menu is subject to change
This Institution is an equal opportunity provider.

