

September 2017

West Boca Raton High Breakfast

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

1				
				<ul style="list-style-type: none"> 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)
4				
No School - Labor Day	5 <ul style="list-style-type: none"> Sausage Biscuit (29g) Assorted Cereals (23g) with Assorted Mini Loaf (14g) Cinnamon Roll (43g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	6 <ul style="list-style-type: none"> Cheese Omelet (1g) with Croissant Roll (15g) Assorted Cereals (23g) with Assorted Mini Loaf (14g) 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) 	7 <ul style="list-style-type: none"> Mini Sausage Pancake Wraps (20g) Assorted Cereals (23g) with Assorted Mini Loaf (14g) Cinnamon Roll (43g) Items Offered Daily Assorted Poptart w/ Cheese Stick Snack Pack (38g) Grape PB&J Sandwich (34g) Go Big Strawberry Yogurt (18g) 	8 <ul style="list-style-type: none"> Double Stuffed Breakfast Cheese Pizza (28g) and Double Stuffed Breakfast Pepperoni Pizza (27g) Assorted Cereals (23g) with Assorted Mini Loaf (14g) 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)
11				
<ul style="list-style-type: none"> 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) 	12 <ul style="list-style-type: none"> 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) Limited Time! Orangesicle Smoothie (33g) 	13 <ul style="list-style-type: none"> 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) 	14 <ul style="list-style-type: none"> 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) Limited Time! Pineapple Sunrise Smoothie (34g) 	15 <ul style="list-style-type: none"> 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)
18				
<ul style="list-style-type: none"> Cinnamon French Toast (26g) Assorted Cereals (23g) with Assorted Mini Loaf (14g) 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 <ul style="list-style-type: none"> Breakfast Burrito (16g) Assorted Cereals (23g) with Assorted Mini Loaf (14g) 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) Limited Time! Orangesicle Smoothie (33g) 	20 <ul style="list-style-type: none"> Cheese Omelet (1g) with Croissant Roll (15g) Assorted Cereals (23g) with Assorted Mini Loaf (14g) 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) 	21 <ul style="list-style-type: none"> No School - Fall Holiday 	22 <ul style="list-style-type: none"> Double Stuffed Breakfast Cheese Pizza (28g) and Double Stuffed Breakfast Pepperoni Pizza (27g) Assorted Cereals (23g) with Assorted Mini Loaf (14g) 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)
25				
<ul style="list-style-type: none"> 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) 	26 <ul style="list-style-type: none"> 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) 	27 <ul style="list-style-type: none"> 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) 	28 <ul style="list-style-type: none"> 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) 	29 <ul style="list-style-type: none"> 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)

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/>

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Menu is subject to change

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