

HOOKSETT SCHOOL DISTRICT - WEEKLY BREAKFAST MENU

Breakfast Meal 1.50 Reduced Price .30

SERVED DAILY:

Milk Fat Free: Chocolate & Strawberry

1%: White

Juice 100% apple, orange & grape

Fruit Fresh & Cupped (Assorted) & Veggie Cups

Cereal Whole Grain (Assorted) 2 boxes or w/yogurt or string cheese

Bagels Whole Grain –plain w/ Cream Cheese

Yogurt Nonfat Vanilla & Strawberry w/choice of grain

Hard Boiled Eggs w/ graham crackers or toast

Banana Bread

Breakfast Sandwiches

SERVED ONCE OR TWICE WEEKLY:

Fruit & Yogurt Smoothies w/ graham crackers or smart muffin

Whole Grain Muffins w/ yogurt, graham crackers or string cheese

Mini Waffles & Pancakes (wg)

Cinnamon Buns (wg) or Doughnut Holes (wg)

BREAKFAST INCLUDES: MILK, FRUIT/JUICE, GRAINS AND /OR PROTEIN

***A complete meal MUST include a fruit or juice* and you may take 2!**