HS/MS Breakfast Menu April 2026

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesam
Breakfast Flatbread	64 sandwich	300	15 g	21 g	17 g	7 g	319 mg	503 mg	2 g	n/a	531	0	301 mg	2 mg	X	X	X		X					
Breakfast Long John	1 each	302	38 g	6 g	15 g	7 g	0 mg	333 mg	2 g	13 g	0	0	20 mg	1 mg	X	X	X		X					
Breakfast Muffin	each	180	28 g	3 g	7 g	2 g	15 mg	160 mg	2 g	13 g	n/a	n/a	30 mg	1 mg	X	X	X		X					
Breakfast Sandwich	each	570	31 g	15 g	41 g	13 g	325 mg	1190 mg	2 g	n/a	20000	0	3150 mg	2 mg	X	X	X		X					
Brekkie	each	380	51 g	5 g	18 g	8 g	15 mg	290 mg	4 g	25 g	87	0	30 mg	1 mg	X	X	X		X					
Cheese Stick	each	80	1 g	7 g	6 g	4 g	20 mg	200 mg	0 g	0 g	0	0	150 mg	0 mg					X					
Choice of Cereal	1 serving	83	18 g	1 g	0 g	0 g	0 mg	138 mg	1 g	n/a	485	7	32 mg	5 mg	X									
Choice of Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
Cinnamon Roll	1 each	190	33 g	5 g	5 g	2 g	15 mg	210 mg	3 g	8 g	100	0	20 mg	1 mg	X	X	X		X					
Coffee Cake	1 slice	290	53 g	4 g	8 g	2 g	20 mg	249 mg	2 g	n/a	129	11	63 mg	1 mg	X	X	X		X					
Egg and Cheese on a Biscuit	each	350	30 g	9 g	21 g	10 g	110 mg	800 mg	3 g	5 g	n/a	n/a	150 mg	1 mg	X	X	X		X					
Eggs in a Basket	each	222	17 g	16 g	11 g	4 g	206 mg	538 mg	2 g	n/a	161	0	110 mg	2 mg	X	X	X		X					
French Toast Snack Bread	each	260	30 g	4 g	13 g	4 g	50 mg	240 mg	2 g	17 g	23	0	40 mg	1 mg	X	X	X		X					
Fruit Selection	1/2 cup	45	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	649	16	12 mg	0 mg										
Goldfish Graham Crackers	1 package	120	19 g	1 g	4 g	1 g	0 mg	135 mg	1 g	n/a	200	1	100 mg	1 mg	X		X							
Juice Selection	1/2 cup	80	19 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	54	0 mg	0 mg										
Juice Selection	4 fl. oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg										
Mini Bagel	1 package	240	41 g	6 g	6 g	3 g	10 mg	380 mg	2 g	n/a	100	0	20 mg	1 mg	X		X		X					
Mini Donut	3 donuts	150	19 g	2 g	8 g	4 g	15 mg	240 mg	2 g	n/a	30	0	20 mg	1 mg	X	X	X		X					
Pancake on a Stick	each	200	17 g	7 g	10 g	3 g	25 mg	310 mg	3 g	4 g	0	0	20 mg	2 mg	X	X	X							
Sausage Breakfast Pizza	1 each	230	23 g	10 g	11 g	6 g	55 mg	450 mg	1 g	n/a	200	0	150 mg	1 mg	X	X	X		X					
Vegetable Selection	1/2 cup	13	3 g	0 g	0 g	0 g	0 mg	18 mg	1 g	n/a	1844	23	10 mg	0 mg										
Yogurt Parfait with Blueberries & Granola	each	523	104 g	13 g	6 g	1 g	10 mg	198 mg	9 g	62 g	245	7	262 mg	2 mg					X					