

# DuBois Secondary Breakfast

## March 2020



**Metz**  
CULINARY MANAGEMENT

# DuBois Area School District

## Secondary Breakfast Menu



**What is a Meal?**  
You must choose at least 3 of the 4 components available for the school breakfast price.  
**Choice of: Grain or grain/protein**  
**Choice of fruit or vegetable** (must take at least a 1/2 cup) and  
**Choice of Milk - 1% white and fat-free chocolate**

**You must take at least 1/2 cup of fruit or Fruit Juice**

**Daily Fruit Selections**  
**May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

**GET A GREAT START TO YOUR DAY! HAVE BREAKFAST WITH A FRIEND.**

**Other Options may include:**  
**ASSORTED CEREAL BARS**  
**DONUTS**

**ALL STUDENTS MAY HAVE 1 FREE BREAKFAST A DAY**



Breakfast Prices  
Student 1st Breakfast free

Adult Breakfast: \$1.90

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE/ MILK</b></p>	<p><b>3</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Ham &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE/ MILK</b></p>	<p><b>4</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE/ MILK</b></p>	<p><b>5</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Bacon &amp; Cheese on Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE/ MILK</b></p>	<p><b>6</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE/ MILK</b></p>
<p><b>9</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>10</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Ham &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>11</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>12</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Bacon &amp; Cheese on Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>13</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>
<p><b>16</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>17</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Ham &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>18</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>19</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Bacon &amp; Cheese on Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>20</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>
<p><b>23</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>24</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Ham &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>25</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>26</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Bacon &amp; Cheese on Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>27</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>
<p><b>30</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>31</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Ham &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>1</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>2</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Bacon &amp; Cheese on Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>	<p><b>3</b> Assorted Cereal with Graham Crackers <b>OR</b> Egg, Sausage &amp; Cheese on a Croissant <b>CHOICE OF FRUIT</b> <b>OR</b> <b>FRUIT JUICE</b> <b>CHOICE OF MILK</b></p>