

**MONDAYS- PARFAITS!**


*Have a Parfait- Made Your Way*

Choose From Plain or Vanilla Low Fat Yogurt

Assorted Fresh, Chilled & Dried Fruits Including Local Seasonal Items as Available

- Homemade Cinnamon Toasty Granola or Graham Cracker Crumbs

**TUESDAYS- TOPPERS!**

 *Topped & Oven Toasted Whole Grain Bagels*

**Tuesday September 1**

- Denver Bagel Topper  
Petite Banana Orange Juice

**Tuesday September 8**

Pizza Bagel Minis California Fruit Salad

**Tuesday September 15**

Salsa Scramble Bagel Topper  
Sunshine Apricot Applesauce

**Tuesday September 22**

Pizza Bagel Minis Cranberry Pear Fruit Salad

**Tuesday September 29**

- Apple\* Cheddar Bagel Topper  
Mandarin Oranges Grape Juice

\*Locally Grown

Student Breakfast Price \$\$ Reduced


**WEDNESDAYS- HOT COMBOS!**

Breakfast Combos Ready to Go Self Served From Our Heated Sandwich Slide

**Wednesday September 2**

 French Toast & Turkey Sausage Sticks  
Oven Browned Home “Fried” Potatoes


**Wednesday September 9**

 Egg & Cheese OR Ham & Cheese on a Bun  
Cinnamony Sweet Potato Coins

**Wednesday September 16**

Western Breakfast Wrap  
Spicy Peach Salad

**Wednesday September 23**

 Fresh Baked Cinnamon Breadsticks w/ Sweet Creamy Cheese Dip  
Warm Vanilla Mint Pineapples

**Wednesday September 30**

Mini Pancakes & Turkey Sausage Patty  
Warm Cinnamon Apples\*

\*Locally Grown

**THURSDAYS- CEREAL BOWLS!**

Choose Hot Oatmeal or Girts  
Or


Select From a Variety of Cold Cereals Made w/ Whole Grain

Toppings Include Assorted Fresh & Dried Fruits (Local Seasonal Items As Available), Low Fat Yogurt, Nuts & Seeds, Low Fat Milk

***Featured Special Combos-***


**Thursday September 3**

Choco Loco

 Cheerios w/ Sliced Banana & Low Fat Chocolate Milk

**Thursday September 10**


Mom’s Apple Pie

 Wholesome Oats Cooked w/ Apples Topped w/ Brown Sugar Cinnamon & Low Fat White Milk

\*Locally Grown


**Thursday September 17**

S’More Banana

 Golden Grahams, Sliced Banana & Low Fat Chocolate Milk


**Thursday September 24**

Peaches N Cream

 Wholesome Oats Topped w/ Warm Spicy Peaches & Low Fat White Milk

**Thursday October 1**

Berry Chewy Crunch

 Cruncheroos w/ Fresh Blueberries, Raisins & Low Fat Strawberry Milk

Complete Your Morning Meal by Choosing A Serving of Fruit, Vegetable or Juice AND Skim or Low Fat Milk to Accompany Your Featured Breakfast Entrée Selection(s)




Look for our Local Flavor Signs Designating Locally Grown Produce (offerings vary according to seasonal availability). This month’s featured local food is APPLES.

A variety of fruit choices are featured daily at our Extra Extra station.



Check out the Balanced Choices icons and signs in the cafeteria that identify the fruit, juice and low fat milk accompaniments suggested to complete your Balanced Choices meal.


 This menu item is made w/ whole grain. Make Half Your Grain Choices Whole!

**ALL of our offerings contain ZERO grams of artificial trans fat per serving.**


### FRIDAYS- HOT AND TOASTY!

Traditionally favorite breakfast sandwich ingredients folded between an upscale, ultra thin flatbread, toasted quick to order in a panini press


#### Friday September 4

 Toasted Ham & Cheese on Wheat  
Fresh Local Apple Salad


#### Friday September 11

 Pressed Cinnamon Apple Quesadillas  
Petite Banana Orange Juice

#### Friday September 18

 Power Start Panini w/ Sun Butter & Banana on Wheat  
Texas Toast  
Peachy Fruit Salad w/ Fresh Grapes & Banana

#### Friday September 25

 Saucy Sicilian Toasted Mozzarella on Whole Wheat  
Spiced Pears

#### Friday October 2

#### **FLATBREAD FOLDS!!**

Southwestern Flatbread Fold w/ Egg, Cheddar & Salsa;  
Classic Flatbread Fold w/ Egg & Cheese; or Bacon, Egg  
& Cheese Flatbread Fold  
Fresh Orange Wedges



### Look for our daily Balanced Choices Meal Suggestion

**Full of Flavor and Packed w/  
Essential Nutrients and Sustainable  
Energy to Get You Through Your Busy  
Day and Keep You on Top of Your Game**

Look for the Balanced Choices icons and signs in the cafeteria that identify the vegetables, fruits, and low fat milk accompaniments suggested to complete your Balanced Choices meal.

The School Breakfast Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

**AVAILABLE DAILY**  
*All packaged for quick grab N' go*




#### **Balanced Choices Breakfast Cereal Combo Packs**



*Assorted Cereals Packaged w/  Bagel  
Half, Jelly, Fruit & Juice  
Offered w/ Your Choice of Skim or Low Fat  
Milk*

**OR**

**Build Your Own Power Combo Breakfast**  
*by choosing fruit or juice AND skim or low fat milk  
PLUS  
Any TWO of the following (please choose 2 different  
items):*

Cold Cereal Bowl  
 Blueberry, Banana or Apple Cinnamon Muffin  
String Cheese Stick  
Graham Crackers  
Cereal Fruit Bar  
Cinnamon Raisin or  Whole Grain Bagel w/ Choice of  
Spread  
Peeled Hard Boiled Egg  
 Oatmeal to Go Square  
Yogurt Cup

#### **FEATURED MORNING A LA CARTE OFFERINGS**


20 oz. Bottled Waters & 10 - 12 oz. Juices

12 oz. Homemade Fruit – Yogurt Smoothies:

Tropical Peach  
Very Berry  
Strawberry Banana  
Island Pineapple

Homemade Trail Mixes:

Cinnamon Pop N Crunch  
Blazin Cajun

 This menu item is made w/ whole grain. Make Half Your Grain  
Choices Whole!

## **Granby High School**

### **Breakfast Menu August 31 – October 2, 2009**



***Need to cater food services for your meeting or  
event?***

Please call for menu options and pricing information

**STUDENTS- Use your Breakfast  
Club Frequent Buyer Card-  
enjoy 5 breakfasts to be  
eligible for prize drawings!**