

MAY 2019

HOT BREAKFAST MENU GRADES 6-12



HARTFORD
PUBLIC SCHOOLS

Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Mini Whole Grain Maple Waffles, with Syrup Fruit Choice Milk Choice	2 Mini Whole Grain Maple Pancakes with Syrup Fruit Choice Milk Choice	3 Warm Whole Grain Cheese Grits OR Scrambled Eggs Turkey Bacon Cheese Grits Fruit Choice Milk Choice
6 Whole Grain Glazed Cinnamon French Toast with Syrup Fruit Choice Milk Choice	7 Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla Fruit Choice Milk Choice	8 Egg and Cheese Sandwich on a Whole Grain English Muffin Hash Brown Patty Fruit Choice Milk Choice	9 Turkey Bacon, and Egg Whole Grain "Breakfast Pizza" Fruit Choice Milk Choice	10 Whole Grain Oatmeal OR Whole Grain Pancakes with Syrup Scrambled Eggs Turkey Sausage Fruit Choice Milk Choice
13 Turkey Bacon, and Egg Whole Grain "Breakfast Pizza" Fruit Choice Milk Choice	14 Mini Whole Grain Maple Waffles, with Syrup Fruit Choice Milk Choice	15 EARLY RELEASE Please see "Build Your Own Breakfast " Menu	16 Mini Whole Grain Blueberry Pancakes, with Syrup Fruit Choice Milk Choice	17 Warm Whole Grain Sweet Grits OR Scrambled Eggs Turkey Bacon Sweet Grits Fruit Choice Milk Choice

20	21	22	23	24
Whole Grain Glazed Cinnamon French Toast with Syrup Fruit Choice Milk Choice	Tac-go Egg, Cheese, and Turkey Sausage on a Whole Grain Tortilla Fruit Choice Milk Choice	Egg and Cheese Sandwich on a Whole Grain English Muffin Hash Brown Patty Fruit Choice Milk Choice	Mini Whole Grain Maple Pancakes with Syrup Fruit Choice Milk Choice	Whole Grain Oatmeal OR Whole Grain Pancakes with Syrup Scrambled Eggs Turkey Sausage Fruit Choice Milk Choice
27	28	29	30	31
MEMORIAL DAY NO SCHOOL	Turkey Bacon, and Egg Whole Grain "Breakfast Pizza" Fruit Choice Milk Choice	EARLY RELEASE Please see "Build Your Own Breakfast " Menu	Mini Whole Grain Blueberry Pancakes, with Syrup Fruit Choice Milk Choice	Warm Whole Grain Cheese Grits OR Scrambled Eggs Turkey Bacon Cheese Grits Fruit Choice Milk Choice

We serve reduced sugar and whole grains every day!

All juices are 100% fruit juice with no added sugar!

Every Breakfast comes with your choice of milk and fruit!

"Build Your Own Breakfast" options also available daily!

(please see menu for offerings)



Eating a nutritious breakfast helps everyone fuel up for success in the classroom and beyond!

Breakfast is offered EVERY morning!



Although we make every effort to serve menus as planned, this menu may change without notice.

This Is An Equal Opportunity Institution