

EL RANCHO HIGH SCHOOL BREAKFAST MENU 2017/2018

MONDAY

MAIN DISH (1)

Morning Sausage Roll
Cold Cereal w/Breakfast Bread
Oatmeal w/Breakfast Bread
Breakfast Pizza
Mini French Toast
Yogurt w/Breakfast Bread

SIDES (2)

Fresh Apple (1/2 C)
Fresh Banana (1/2C)
Fresh Orange (1/2C)
Assorted Juice (1/2 C)
Canned Fruit (1/2 C)

MILK CHOICE (1)

Fat Free Choc. Milk
1% White Milk

Pick 1 item from "Main Dish"

Pick up to 2 "Sides"

Choose 1 Milk

TUESDAY

MAIN DISH (1)

Bagel w/Cream Cheese
Morning Sausage Roll
Mini Cinnis
Cold Cereal w/Breakfast Bread
Mini Pancakes
Mini French Toast
Pan Dulce
Chorizo & Egg Burrito
Breakfast Pizza
Mini Waffles
Oatmeal w/Breakfast Bread
Chocolate Chip Muffin
Blueberry Muffin
Cherry Frudel
Yogurt w/Breakfast Bread
Homemade Breakfast Burrito

SIDES (2)

Fresh Apple (1/2 C)
Fresh Banana (1/2C)
Fresh Orange (1/2C)
Assorted Juice (1/2 C)
Canned Fruit (1/2 C)

MILK CHOICE (1)

Fat Free Choc. Milk
1% White Milk

WEDNESDAY

MAIN DISH (1)

Bagel w/Cream Cheese
Morning Sausage Roll
Mini Cinnis
Cold Cereal w/Breakfast Bread
Mini Pancakes
Mini French Toast
Pan Dulce
Chorizo & Egg Burrito
Breakfast Pizza
Mini Waffles
Oatmeal w/Breakfast Bread
Chocolate Chip Muffin
Blueberry Muffin
Cherry Frudel
Yogurt w/Breakfast Bread
Homemade Breakfast Burrito

SIDES (2)

Fresh Apple (1/2 C)
Fresh Banana (1/2C)
Fresh Orange (1/2C)
Assorted Juice (1/2 C)
Canned Fruit (1/2 C)

MILK CHOICE (1)

Fat Free Choc. Milk
1% White Milk

THURSDAY

MAIN DISH (1)

Bagel w/Cream Cheese
Morning Sausage Roll
Mini Cinnis
Cold Cereal w/Breakfast Bread
Mini Pancakes
Mini French Toast
Pan Dulce
Chorizo & Egg Burrito
Breakfast Pizza
Mini Waffles
Oatmeal w/Breakfast Bread
Chocolate Chip Muffin
Blueberry Muffin
Cherry Frudel
Yogurt w/Breakfast Bread
Homemade Breakfast Burrito

SIDES (2)

Fresh Apple (1/2 C)
Fresh Banana (1/2C)
Fresh Orange (1/2C)
Assorted Juice (1/2 C)
Canned Fruit (1/2 C)

MILK CHOICE (1)

Fat Free Choc. Milk
1% White Milk

FRIDAY

MAIN DISH (1)

Morning Sausage Roll
Cold Cereal w/Breakfast Bread
Oatmeal w/Breakfast Bread
Breakfast Pizza
Mini French Toast
Yogurt w/Breakfast Bread

SIDES (2)

Fresh Apple (1/2 C)
Fresh Banana (1/2C)
Fresh Orange (1/2C)
Assorted Juice (1/2 C)
Canned Fruit (1/2 C)

MILK CHOICE

Fat Free Choc. Milk
1% White Milk

Menus are subject to change

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