

**PHS BREAKFAST**

**SCHOOL BREAKFAST = 2 Grains, 1 cup Fruit, and 8 ounces Milk.**

**Breakfast Served Daily  
6:45 am - 7:20 am  
PHS Cafeteria**

*Breakfast - \$1.25  
Reduced \$.30*

**All Grains  
are  
Whole Grain**

**ONE GRAIN  
May Choose Two**

Cereal  
Muffin  
Granola Bar  
Cereal Bar  
Yogurt

**APRIL**



**TWO GRAINS  
May Choose One**

Bagel  
Pillsbury Frudel  
Pillsbury Mini Pancakes  
Pillsbury Mini French Toast  
Pillsbury Mini Cinnis  
Honey Bun  
Cinnamon Twist  
PBJ Graham Bar  
Apple Turnover  
Mini Donuts

**FRUIT  
May Choose Two**

*Fresh Fruit:  
Banana  
Apple  
Orange  
Fruit Juice  
Apple Sauce Cup  
Fruit Cup  
Raisins*

**Harvest of the Month:  
ASPARAGUS**



**Milk**

*1% white  
FF Chocolate  
FF Strawberry*



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