

PHS BREAKFAST

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

Breakfast Served Daily
6:45 am - 7:30 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

Aug/Sept



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:
CORN & WATERMELON



Milk

1% white
FF Chocolate
FF Strawberry

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