

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

January



TWO GRAINS
May Choose One

Pillsbury Mini Pancakes
Pillsbury Mini French Toast
Pillsbury Mini Cinnis
Honey Bun
PBJ Graham Bar
Apple Turnover
Mini Donuts
Cinnamon Crumb Cake

FRUIT
May Choose Two

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

Harvest of the Month:
Milk & Grains



Milk

1% white
FF Chocolate
FF Strawberry

This institution is an equal opportunity provider

