

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
Pop Tart
Muffin
Granola Bar
Cereal Bar
Yogurt

January



TWO GRAINS
May Choose One

Pillsbury Mini Pancakes
Breakfast Pizza
Pillsbury Mini Cinnis
Honey Bun
PBJ Graham Bar
Apple Pocket
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:
Grains/Milk



For healthy eating, USDA's MyPlate recommends making half of your daily grain choices whole grain and to drink low fat and fat free milk.

Milk

1% white
FF Chocolate
FF Strawberry

This institution is an equal opportunity provider

