

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

JANUARY



**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:
CLEMANTINES**



Milk

*1% white
FF Chocolate
FF Strawberry*

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