



**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

**MARCH**



**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*

**Milk**

*1% white  
FF Chocolate  
FF Strawberry*



**This institution is an equal opportunity provider**

