

**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

**November**



**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  
Cinnamon Crumb Cake

**FRUIT**  
**May Choose Two**

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

**Harvest of the Month:**  
**Pumpkin/Squash**



**Milk**

*1% white*  
*FF Chocolate*  
*FF Strawberry*

**This institution is an equal opportunity employer**