

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

Cereal
Pop Tart
Muffin
Granola Bar
Cereal Bar
Yogurt

NOVEMBER

**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:
Pumpkins/Squash**



Milk

1% white
FF Chocolate
FF Strawberry

This institution is an equal opportunity provider