

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

October



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:
APPLES



Milk

1% white
FF Chocolate
FF Strawberry

This institution is an equal opportunity employer