

**WELCOME
BACK**



WELCOME BACK!

We're so happy to see you
and hope you will join us
often this year for delicious
food that's good for you too!

**EAT BETTER
PLAY HARDER
LIVE HEALTHIER
LEARN EASIER**

**WELLNESS IS A
WAY OF LIFE!**



Offered Daily

Choice of 100% Fruit Juice
Choice of flavored & unflavored Low Fat
Milk

Breakfast Meal Pattern

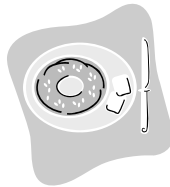
Minimum: 2 Items
Maximum: 3 Items



Hernando County Schools

Elementary Breakfast Menu

AUGUST 2008



MONDAY'S

Choice of:

Pizza Bagel

Hot melted cheese and pizza sauce on a hearty bagel

OR

Cereal w/Goldfish Pretzels

Assorted choice of cereal, served with a pretzel snack

TUESDAY'S

Choice of:

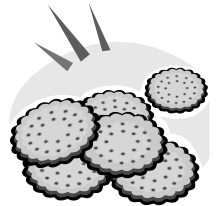
Chicken & Biscuit

Golden, fluffy biscuit with a crispy chicken patty

OR

Breakfast Breaks

*A fun, boxed breakfast which includes cereal,
juice, and a snack*



WEDNESDAY'S

Choice of:

Breakfast Pizza

*Melted cheese & pizza sauce on a pizza crust,
topped with sausage or bacon*

OR

Cereal w/Mini Bagel

Assorted choice of cereal, served with a bagel snack



THURSDAY'S

Choice of:

Sausage Biscuit

Golden, fluffy biscuit with a mild Italian sausage patty

OR

Breakfast Breaks

*A fun, boxed breakfast which includes cereal,
juice, and a snack*



FRIDAY'S

Choice of:

Pancake on a Stick

*A mild Italian sausage link snuggled in a pancake,
served on a stick*

OR

Yogurt w/Cereal Bar

Fruit flavored yogurt served with a fruit filled cereal bar