



## High School Breakfast Menu

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**February 2025**

2/3/25	2/4/25	2/5/25	2/6/25	2/7/25
French Toast Sticks with Syrup	Sausage, Egg and Cheese on a Pancake	Eggo Mini Maple Waffle with Syrup	Ham, Egg and Cheese on a Croissant	Pancakes with Syrup
or	or	or	or	or
Strawberry Yogurt Parfait	Pineapple Yogurt Parfait	Peach Yogurt Parfait	Mandarin Orange Yogurt Parfait	Blueberry Yogurt Parfait
100%Fruit Juice Assorted Fresh Fruit	100%Fruit Juice Assorted Fresh Fruit	100%Fruit Juice Assorted Fresh Fruit	100%Fruit Juice Assorted Fresh Fruit	100%Fruit Juice Assorted Fresh Fruit
2/10/25	2/11/25	2/12/25	2/13/25	2/14/25
Ham, Egg and Cheese on English Muffin	Bacon, Egg and Cheese on a Bagel	Belgium Waffle Sticks with Syrup	Sausage, Egg and Cheese on a Donut	Teacher In- Service
or	or	or	or	No School
Strawberry Yogurt Parfait	Pineapple Yogurt Parfait	Peach Yogurt Parfait	Mandarin Orange Yogurt Parfait	<i>happy Valentine's day</i>
100% Fruit Juice Assorted Fresh Fruit	100% Fruit Juice Assorted Fresh Fruit	100% Fruit Juice Assorted Fresh Fruit	100% Fruit Juice Assorted Fresh Fruit	
2/17/25	2/18/25	2/19/25	2/20/25	2/21/25
No School Presidents Holiday 	Chocolate Chip French Toast with	Pancake Sausage on a Stick	Sausage, Egg and Cheese on a Pancake	Bacon, Egg and Cheese on a Croissant
	or	or	or	or
	Pineapple Yogurt Parfait	Peach Yogurt Parfait	Mandarin Orange Yogurt Parfait	Blueberry Yogurt Parfait
	100% Fruit Juice Assorted Fresh Fruit	100% Fruit Juice Assorted Fresh Fruit	100% Fruit Juice Assorted Fresh Fruit	100% Fruit Juice Assorted Fresh Fruit
2/24/25	2/25/25	2/26/25	2/27/25	2/28/25
Bacon, Egg and Cheese on a Bagel	Hasbrown Western Egg Bites	Ham, Egg and Cheese on a Croissant	Mini French Toast with Syrup	Ham, Egg and Cheese on English Muffin
or	or	or	or	or
Strawberry Yogurt Parfait	Pineapple Yogurt Parfait	Peach Yogurt Parfait	Mandarin Orange Yogurt Parfait	Blueberry Yogurt Parfait
100%Fruit Juice Assorted Fresh Fruit	100% Fruit Juice Assorted Fresh Fruit	100% Fruit Juice Assorted Fresh Fruit	100% Fruit Juice Assorted Fresh Fruit	100% Fruit Juice Assorted Fresh Fruit

**What is a Breakfast Meal?**  
You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein  
Choice of fruit or vegetable (must take at least a 1/2 cup) and  
Choice of Milk  
Choice of Milk - 1% white, fat-free white, chocolate, and  
You must take at least 1/2 cup of fruit or vegetable

**Fruit May Include:**  
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange, grape juice and fruit punch), fresh fruit selection including apples, bananas, oranges, pears

### Whole Grain Cereal and Cereal Bar Selections

**May Include:**  
Cinnamon Toast Crunch  
Trix  
Cocoa Puffs  
Fruity Cheerios  
Cheerios  
Fruit Loops

Served with additional Grain

### Poptarts may include

Strawberry, Blueberry, Cinnamon or Fudge

### Daily Offerings May Include

Assorted Pop Tarts (Single Pack)  
Assorted Cereal Bars  
Assorted Breakfast Bars  
Assorted Mini Bagels  
Assorted Breakfast Breads  
Assorted Cereals

Work while your children are learning

### Now Hiring

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For more information  
Contact

Rose Levan @ Dining Services  
rlevan@basdschools.org  
or  
610-861-8135 Ext. 37714

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View Nutritionals and menus on line

**Student Paid Breakfast - Free Student Reduced Breakfast - Free Adult Breakfast \$2.20**