



## BREAKFAST

# NOVEMBER 2023

## Brownsville Area Middle & High School

### Fuel up at Breakfast!

- Choose at least 3 items (4 for maximum fuel)
- Take ½ cup fruit and or 100% Fruit Juice (or both)

Monday

Tuesday

Wednesday

Thursday

Friday

**Pick 1 Entree:** Blueberry Snack N Waffle, Cinnamon Pop Tarts, Goody Ring, Chocolate Muffin, Banana Bread, or Lucky Charms Cereal Bar  
**Pick 2 Fruits:** Watermelon Craisins, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Pancake Sausage Flapstick, Cinnamon Pop Tarts, Goody Ring, Chocolate Muffin, Banana Bread, or Lucky Charms Cereal Bar  
**Pick 2 Fruits:** Watermelon Craisins, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Super Bakery Cinnamon Roll, Strawberry Pop Tarts, Dunkin Stick, Banana Muffin, Banana Bread, or Lucky Charms Cereal Bar  
**Pick 2 Fruits:** Fresh Apple Slices, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Cherry Frudel, Strawberry Pop Tarts, Dunkin Stick, Banana Muffin, Banana Bread, or Lucky Charms Cereal Bar  
**Pick 2 Fruits:** Fresh Apple Slices, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Mini Maple Waffles, Strawberry Pop Tarts, Dunkin Stick, Banana Muffin, Banana Bread, or Lucky Charms Cereal Bar  
**Pick 2 Fruits:** Fresh Apple Slices, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Sausage Egg & Cheese Croissant, Strawberry Pop Tarts, Powdered Sugar Donuts, Banana Muffin, Chocolate Bread, or Cinnamon Toast Crunch Cereal Bar  
**Pick 2 Fruits:** Fresh Apple Slices, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Mini Pancakes, Strawberry Pop Tarts, Powdered Sugar Donuts, Banana Muffin, Chocolate Bread, or Cinnamon Toast Crunch Cereal Bar  
**Pick 2 Fruits:** Fresh Apple Slices, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Cookies & Crème Benefit Bar, Strawberry Pop Tarts, Powdered Sugar Donuts, Banana Muffin, Chocolate Bread, or Cinnamon Toast Crunch Cereal Bar  
**Pick 2 Fruits:** Fresh Apple Slices, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Cinnamon Crumb Cake, Strawberry Pop Tarts, Powdered Sugar Donuts, Banana Muffin, Chocolate Bread, or Cinnamon Toast Crunch Cereal Bar  
**Pick 2 Fruits:** Fresh Apple Slices, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** French Toast Sticks, Strawberry Pop Tarts, Powdered Sugar Donuts, Banana Muffin, Chocolate Bread, or Cinnamon Toast Crunch Cereal Bar  
**Pick 2 Fruits:** Fresh Apple Slices, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Cocoa Puffs Cereal, Fudge Pop Tarts, Mini Chocolate Donuts, Blueberry Muffin, Pumpkin Bread, or Lucky Charms Cereal Bar  
**Pick 2 Fruits:** Raisins, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Maple Snack N Waffle, Fudge Pop Tarts, Mini Chocolate Donuts, Blueberry Muffin, Pumpkin Bread, or Lucky Charms Cereal Bar  
**Pick 2 Fruits:** Raisins, 100% Fruit Juice  
Pick 1 Milk

No School

No School

No School

No School

**Pick 1 Entree:** MiniCinnis, Cinnamon Pop Tarts, Blueberry Donut Holes, Chocolate Muffin, Lemon Bread, or Cinnamon Toast Crunch Cereal Bar  
**Pick 2 Fruits:** Cherry Craisins, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Trix Cereal, Cinnamon Pop Tarts, Blueberry Donut Holes, Chocolate Muffin, Lemon Bread, or Cinnamon Toast Crunch Cereal Bar  
**Pick 2 Fruits:** Cherry Craisins, 100% Fruit Juice  
Pick 1 Milk

**Pick 1 Entree:** Uncrustable, Cinnamon Pop Tarts, Blueberry Donut Holes, Chocolate Muffin, Lemon Bread, or Cinnamon Toast Crunch Cereal Bar  
**Pick 2 Fruits:** Cherry Craisins, 100% Fruit Juice  
Pick 1 Milk

BASD participates in the **School Breakfast Program (SBP)**. All students receive 1 complimentary breakfast meal each school day. Per USDA SBP regulations, a complete breakfast offering includes: (2) one oz. equivalents of grain, 80% of which is "whole grain rich" **OR** (1) one oz. equivalent serving grains and (1) one oz. meat/meat alternate; and (2) ½ cup portions of fruit (fresh, canned, dried or 100% juice) or vegetable; and (1) ½ pint of 1% or FF milk (FF Chocolate or 1% White). Daily juice choice includes: apple, orange tangerine, very berry or fruit punch. \*If all components of a complete breakfast are not selected, ala cart prices are in effect, as required by USDA.

**BASD is an equal opportunity employer and provider.**

