

# Penns Grove-Carneys Point Food and Nutrition Service

*"We Serve Food For Thought"*

## High School Breakfast Menu

Breakfast is served every day beginning at 7:45 a.m.

### Daily Breakfast Options:

*\*Choose one (1) from this group:*

Assorted Cereal Bowl  
Bagel w/Condiments  
Parfait Yogurt Cup w/ Fruit  
Donuts  
Muffins  
Pop Tart  
Fruit Frudel  
Oatmeal Chocolate Chip Bar

*\*Choose one (1) from this group:*

Assorted 100% Fruit Juices  
Assorted Fresh or Sliced Fruit  
Assorted Vegetables

*\*Students must select ½ cup of Fruit or Vegetable.*

*Choose one (1) from this group:*

Assorted White Milk: 1% or Skim  
Fat Free Chocolate or Strawberry Milk  
Lactaid

Can't decide? All-in-one grab and go Breakfast Break-just choose your milk!

**Please join your friends to energize your day!**

**\*Menu is subject to change.**

**All items may not be available due to production of the product.**

**This institution is an equal opportunity provider.**

**Esta institución es un proveedor que ofrece igualdad de oportunidades.**