

# HHSD HIGH SCHOOL GRAB & GO BREAKFAST MENU

**We offer a variety of Grab and Go items Daily  
Including:**

**Assorted Breakfast Sandwiches** (*Bacon, Egg and Cheese on a Bagel; Sausage, Egg and Cheese on a Bagel or Cheese and Egg on a Bagel*)

**Bowl Pack Cereal** (*Flavors may include: Trix, Lucky Charms, Cheerios, Cocoa Puffs, Cinnamon Toast Crunch*)

**Yogurt Cup** (*Flavors may include: Strawberry, Strawberry Banana, Raspberry and Vanilla*)

**Cereal Bars** (*Flavors may include: Cinnamon Toast Crunch, Golden Grahams, Trix, Cocoa Puffs*)

**Whole Grain Cinnamon Rolls**

**Whole Grain Pop Tarts** (*Flavors may include: Strawberry, Cinnamon Sugar, Fudge*)

**Whole Grain Muffins** (*Flavors may include: Apple Cinnamon, Banana, Blueberry, Chocolate Chip*)

**Readi-Bake Breakfast Bars** (*Flavors may include: Chocolate Chunk, French Toast, Oatmeal Chocolate Chip, Apple Cinnamon*)

**Whole Grain Mini-Donuts** (*Flavors may include: Chocolate and Powdered Sugar*)

**Whole Grain Frudels** (*Flavors include Cherry and Apple*)

**Fruit Options include:**



100% Fruit Juice (Apple and Orange), Fresh Apple Slices, Oranges, Bananas

*First things First*

To make a breakfast,  
choose at  
least one



or



and at  
least  
three  
items  
total



**Milk Choices include:**



Fat Free, Low-Fat White, Fat Free Chocolate & Strawberry, and Lactaid

## BREAKFAST IS FREE!

"This institution is an equal opportunity provider.  
Menus are subject to change"