



# GCCS High School Breakfast Menu

December 2016

			<b>1</b> <b>Cherry Frudel</b> Fresh Apple Wedges Raisins 100% Fruit Juice	<b>2</b> <b>French Toast Sticks w/ Syrup</b> Assorted Fresh Fruit Diced Peaches 100% Fruit Juice
<b>5</b> <b>Whole Grain Donut</b> OR <b>Oatmeal Breakfast Bar</b> Orange Wedges Diced Pears 100% Fruit Juice	<b>6</b> <b>Glazed Cinnamon Roll</b> Banana Fruit Cocktail 100% Fruit Juice	<b>7</b> <b>Egg Bagel</b> (Cheese Optional) Orange Wedges Applesauce 100% Fruit Juice	<b>8</b> <b>Pancakes &amp; Bacon w/ Syrup</b> Fresh Apple Wedges Raisins 100% Fruit Juice	<b>9</b> <b>Sausage Breakfast Pizza</b> Assorted Fresh Fruit Diced Peaches 100% Fruit Juice
<b>12</b> <b>Whole Grain Donut</b> OR <b>Oatmeal Breakfast Bar</b> Orange Wedges Diced Pears 100% Fruit Juice	<b>13</b> <b>Sausage Biscuit</b> (Cheese Optional) Banana Fruit Cocktail 100% Fruit Juice	<b>14</b> <b>Whole Grain Muffin w/ String Cheese</b> Orange Wedges Applesauce 100% Fruit Juice	<b>15</b> <b>Turkey Pancake Wrap w/ Syrup</b> Fresh Apple Wedges Raisins 100% Fruit Juice	<b>16</b> <b>Glazed Cinnamon Roll</b> Assorted Fresh Fruit Diced Peaches 100% Fruit Juice
<b>19</b> <b>NO SCHOOL</b> Winter Break	<b>20</b> <b>NO SCHOOL</b> Winter Break	<b>21</b> <b>NO SCHOOL</b> Winter Break	<b>22</b> <b>NO SCHOOL</b> Winter Break	<b>23</b> <b>NO SCHOOL</b> Winter Break
<b>26</b> <b>NO SCHOOL</b> Winter Break	<b>27</b> <b>NO SCHOOL</b> Winter Break	<b>28</b> <b>NO SCHOOL</b> Winter Break	<b>29</b> <b>NO SCHOOL</b> Winter Break	<b>30</b> <b>NO SCHOOL</b> Winter Break

### Grab & Go Options (Pick Up to 2 Items)...

Choose Between Assortments of the Following:  
Assorted Cereals, Pop Tarts, Cinnamon Toast, ½ Bagel w/ Cream Cheese, Assorted Graham Crackers, Oatmeal Bars, NutriGrain Bars, Hardboiled Eggs, String Cheese, & Strawberry Banana Yogurt

### More info...

Milk Offered Daily – Choose Between Non-Fat White, 1% White or Skim Chocolate  
All grains offered are rich in whole wheat flour which increases the amount of vitamins, minerals, fiber and protein it contains.

PRICING: Paid - \$1.50 (\$7.50 weekly), Reduced - \$0.30 (\$1.50 weekly), Adult - \$1.80 (\$9.00 weekly)

Menus are subject to change without notice.