



Poquoson High School Breakfast Menu

May 2019

Served Daily:

Parfait or Cereal with a choice of 1: assorted Poptarts, Muffins, Nutri – grain bars, Graham Crackers, Frudels or Donut Holes. All grains are whole grains.

Nutrition info...

Fresh, frozen, canned fruit or 100% fruit juice offered daily. Selection of milk includes skim, chocolate, strawberry and white, 1% white and FF Lactaid.



1
Chocolate Glazed Donut

2
Orange Glazed Cinnamon Roll

3
Sausage, Egg & Cheese Biscuit Melt

6
Cinnamon French Toast

7
Turkey Pancake Wrap

8
Vanilla Glazed Donut

9
Breakfast Pizza

10
Chicken Biscuit

13
Maple Waffle W/syrup

14
Cini Minni

15
Maple Glazed Donut

16
Strawberry Splash Pancakes w/syrup

17
Turkey Sausage Biscuit

20
Maple Pancakes w/ syrup

21
Strawberry Cream Cheese Bagel

22
Chocolate Glazed Donut

23
Breakfast Pizza

24
Sausage & Egg Muffin Melt

27

28
Turkey Pancake Wrap

29
Bacon, Egg & Cheese Muffin Melt

30
Egg & Cheese Fiesta Sandwich

31
Chicken Biscuit

