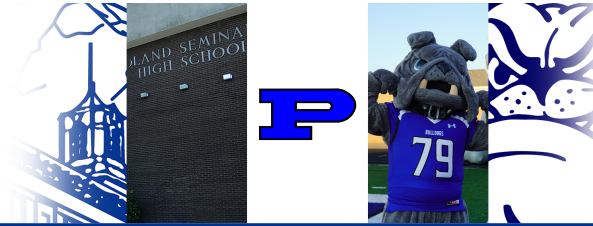


Poland Seminary High School BREAKFAST - SEPTEMBER 2026

MENUS SUBJECT TO CHANGE



Food Service Director:
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What makes a meal? You must choose at least 3 to 5 components available for the school lunch price. Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk *Students must choose at least one fruit or vegetable Additional Breakfast Entrées may include: <i>Assorted Poptarts Fruit and Yogurt Parfait Smoothies Assorted Cereal with Toast Chocolate Chip Oatmeal Bar String Cheese and Crackers Assorted Benefit Bars Goody Ring Banana Muffin Chocolate Chip Muffin</i> Breakfast Fruit and Juice Choices <i>Apple, Orange, Blue Raspberry and Fruit Punch Juices Assorted Applesauce flavors Assorted Craisins Assorted Fresh Fruit</i> Daily Milk Choices <i>Assorted Lowfat Milk</i> Breakfast Prices Full Breakfast: \$1.50 Breakfast Entrée: \$1.25 Fruit Side: \$1.00 Milk: \$.65	Monday	Tuesday	Wednesday	Thursday	Friday
		1 Strawberry Cream Cheese Mini Bagels Raspberry Lemonade Craisins Apple Juice	2	3	4
	7	8 Confetti Pancakes Fresh Petite Banana Sunrise Orange Juice	9 Blueberry Snack'n Waffle Apple Juice Fruit Punch Craisins	10 Mini Chocolate Chip French Toast Cinnamon Applesauce Sunrise Orange Juice	11 Iced Donut w/Sprinkles Golden Delicious Apple Apple Juice
	14 Cinnamon Roll Golden Delicious Apple Sunrise Orange Juice	15 Mini Cinnamon Waffles Cinnamon Applesauce Apple Juice	16 Strawberry Cream Cheese Mini Bagels Raspberry Lemonade Craisins Sunrise Orange Juice	17 Strawberry Pancake Puffs Fresh Petite Banana Apple Juice	18 Fresh Petite Banana Sunrise Orange Juice Pear, Banana, & Spinach Smoothie w/ Cereal & Crackers
	21 Mini Maple Waffles Apple Juice Fruit Punch Craisins	22 Blueberry Snack'n Waffle Sunrise Orange Juice Fresh Petite Banana	23 Cinnamon Roll Apple Juice Golden Delicious Apple	24 Mini Chocolate Chip French Toast Cinnamon Applesauce Sunrise Orange Juice	25 Iced Donut w/Sprinkles Apple Juice Fresh Petite Banana
	28 Strawberry Cream Cheese Mini Bagels Sunrise Orange Juice Fresh Petite Banana	29 Goody Ring Apple Juice Raspberry Lemonade Craisins	30 Cinnamon Roll Apple Juice Golden Delicious Apple		