

SY19 BFAST MSHS

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Bfast Bagel Gravy	Bfast Biscuit Variety	Bfast Croissant Sandw	Bfast Biscuit Variety	Bfast Pancake Sausage Stick
Entrée	Bfast Poptart Variety		Bfast-Banana Bread		Bfast Doughnut Bites
Entrée	Bfast Confections Variety MSHS	Bfast Confections Variety MSHS	Bfast Confections Variety MSHS	Bfast Confections Variety MSHS	Bfast Confections Variety MSHS
Entrée	Bfast Cereal Cold Variety	Bfast Cereal Cold Variety	Bfast Cereal Cold Variety	Bfast Cereal Cold Variety	Bfast Cereal Cold Variety
	Bfast Bar Cereal Variety	Bfast Bar Cereal Variety	Bfast Bar Cereal Variety	Bfast Bar Cereal Variety	Bfast Bar Cereal Variety
Fruit	Bfast Fruit Variety	Bfast Fruit Variety	Bfast Fruit Variety	Bfast Fruit Variety	Bfast Fruit Variety
Milk	Bfast Milk Variety	Bfast Milk Variety	Bfast Milk Variety	Bfast Milk Variety	Bfast Milk Variety
	Condiments Bfast	Condiments Bfast	Condiments Bfast	Condiments Bfast	Condiments Bfast

Students choose 1 entrée

Students choose 1 or 2 sides

Each 1/2 cup serving of fruit credits as a menu item and students may take up to 2 (1/2 cup) servings.

Bfast Bar Cereal Variety is served with Bfast Cereal Cold

Variety Recipes:

Confection Variety- Frudel, Mini Cinni, Cressents

Bfast Biscuit Variety- Biscuit Chix, Biscuit Chix Sausage, Biscuit Veggie Sausage