

SY18 MSHS BFAST

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Bfast Confection Variety 1	Bfast Confection Variety 2	Bfast Pancake Glaze Variety	Bfast Banana Bread IW	Bfast Poptart Sberrrt
Entrée	Bfast Croissant Sandwich	Bfast Burrito Variety	Bfast Biscuit Variety	Bfast Pancake Sausage Stick	Bfast Biscuit Variety
Entrée		Bfast Bagel Plain	Bfast Biscuit Plain	Bfast English Muffin Plain	Bfast Biscuit Plain
Entrée	Bfast Cereal Hot/Cold Variety	Bfast Cereal Hot/Cold Variety	Bfast Cereal Hot/Cold Variety	Bfast Cereal Hot/Cold Variety	Bfast Cereal Hot/Cold Variety
	Bfast Bar Cereal Variety	Bfast Bar Cereal Variety	Bfast Bar Cereal Variety	Bfast Bar Cereal Variety	Bfast Bar Cereal Variety
Entrée	Bfast Bars Variety	Bfast Bars Variety	Bfast Bars Variety	Bfast Bars Variety	Bfast Bars 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 1- Bfast French Toast Mini & Bfast Pancake Mini

Confection Variety 2- Bfast Mini Cini & Bfast Frudels

Pancake Glaze Variety- Pancake Cinn Glaze & Pancake Blueberry Glaze