





FRIDAYS- HOT AND TOASTY!

Traditionally favorite breakfast sandwich ingredients folded between an upscale, ultra thin flatbread, toasted quick to order in a panini press

Friday December 11

 Pressed Cinnamon Apple Quesadillas
Petite Banana Orange Juice

Friday December 18

 Power Start Panini w/ Sun Butter & Banana on Wheat
Texas Toast
Peachy Fruit Salad w/ Fresh Grapes & Banana

Friday December 25

No School



**Look for our daily
Balanced Choices Meal Suggestion**

**Full of Flavor and Packed w/
Essential Nutrients and Sustainable
Energy** to Get You Through Your Busy
Day and Keep You on Top of Your Game

Look for the Balanced Choices icons and signs in the cafeteria that identify the vegetables, fruits, and low fat milk accompaniments suggested to complete your Balanced Choices meal.

The School Breakfast Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.



AVAILABLE DAILY
All packaged for quick grab N' go




**Balanced Choices Breakfast
Cereal Combo Packs**



*Assorted Cereals Packaged w/  Bagel
Half, Jelly, Fruit & Juice*
*Offered w/ Your Choice of Skim or Low Fat
Milk*

OR

Build Your Own Power Combo Breakfast
*by choosing fruit or juice AND skim or low fat milk
PLUS
Any TWO of the following (please choose 2 different
items):*

- Cold Cereal Bowl
-  Blueberry, Banana or Apple Cinnamon Muffin
- String Cheese Stick
- Graham Crackers
- Cereal Fruit Bar
- Cinnamon Raisin or  Whole Grain Bagel w/ Choice of Spread
- Peeled Hard Boiled Egg
-  Oatmeal to Go Square
- Yogurt Cup

FEATURED MORNING A LA CARTE OFFERINGS
Coming soon!


20 oz. Bottled Waters & 10 - 12 oz. Juices

12 oz. Homemade Fruit – Yogurt Smoothies:

- Tropical Peach
- Very Berry
- Strawberry Banana
- Island Pineapple

Homemade Trail Mixes:

- Cinnamon Pop N Crunch
- Blazin Cajun

 This menu item is made w/ whole grain. Make Half Your Grain Choices Whole!

**Chartwells School District
Harrison High School**

**Breakfast Menu
December 7 – December 31,
2009**



**Renee Hyduk,
Director of Dining Services**



(989) 539 – 7202

Need to cater food services for your meeting or event?

Please call for menu options and pricing information



MONDAYS- PARFAITS!

Have a Parfait- Made Your Way

Choose From Plain or Vanilla Low Fat Yogurt

Assorted Fresh, Chilled & Dried Fruits Including Local Seasonal Items as Available

🍷 Homemade Cinnamon Toasty Granola or Graham Cracker Crumbs



TUESDAYS- TOPPERS!

🍷 Topped & Oven Toasted Whole Grain Bagels

Tuesday December 8

Pizza Bagel Minis California Fruit Salad

Tuesday December 15

Salsa Scramble Bagel Topper
Sunshine Apricot Applesauce

Tuesday December 22

Pizza Bagel Minis Cranberry Pear Fruit Salad



*Locally Grown

Student Breakfast FREE FOR ALL STUDENTS
Adult Breakfast \$1.75



WEDNESDAYS- HOT COMBOS!

Breakfast Combos Ready to Go Self Served From Our Heated Sandwich Slide

Wednesday December 9

🍷 Egg & Cheese OR Ham & Cheese on a Bun
Cinnamon Sweet Potato Coins

Wednesday December 16

Western Breakfast Wrap
Spicy Peach Salad

Wednesday December 23

No School



THURSDAYS- CEREAL BOWLS!

Choose Hot Oatmeal
or

Select From a Variety of Cold Cereals Made w/ Whole Grain

Toppings Include Assorted Fresh & Dried Fruits (Local Seasonal Items As Available), Low Fat Yogurt, Nuts & Seeds, Low Fat Milk

Featured Special Combos-

Thursday December 10

Mom's Apple Pie

🍷 Wholesome Oats Cooked w/ Apples Topped w/ Brown Sugar Cinnamon & Low Fat White Milk



*Locally Grown

Thursday December 17

S'More Banana



🍷 Golden Grahams, Sliced Banana & Low Fat Chocolate Milk

Thursday December 24

No School



A variety of fruit choices are featured daily at our Extra Extra station.



Complete Your Morning Meal by Choosing A Serving of Fruit, Vegetable or Juice AND Skim or Low Fat Milk to Accompany Your Featured Breakfast Entrée Selection(s)

Look for our Local Flavor Signs Designating Locally Grown Produce (Offerings vary according to seasonal availability).
This month's featured local food is APPLES.

Check out the Balanced Choices icons and signs in the cafeteria that identify the fruit, juice and low fat milk accompaniments suggested to complete your Balanced Choices meal.



🍷 This menu item is made w/ whole grain. Make Half Your Grain Choices Whole!

ALL of our offerings contain ZERO grams of artificial trans fat per serving.