

September 2019

Greensburg High School

BREAKFAST



School Information:

Breakfast: \$1.55, Reduced \$.30

Breakfast is served 7:15 a.m. -7:50 a.m.

This institution is an equal opportunity provider.



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

2

No School
Labor Day

3

Pancake Wrap
Fruit and Milk

4

Mini Bagels
Sausage Links
Fruit and Milk

5

Sausage Breakfast Pizza
Fruit and Milk

6

Coffee Cake
Yogurt
Fruit and Milk

9

French Toast Sticks
Fruit and Milk

10

Sausage Gravy and Biscuits
Fruit and Milk

11

Cheese Omelet
Hash Brown
Fruit and Milk

12

Breakfast Sandwich
Fruit and Milk

13

Muffins
Fruit and Milk

16

Pancake Wrap
Fruit and Milk

17

Sausage Gravy and Biscuits
Fruit and Milk

18

Mini Bagels
Sausage Links
Fruit and Milk

19

Sausage Breakfast
Pizza
Fruit and Milk

20

Coffee Cake
Yogurt
Fruit and Milk

23

French Toast Sticks
Fruit and Milk

24

Sausage Gravy and Biscuits
Fruit and Milk

25

Cheese Omelet
Hash Brown
Fruit and Milk

26

Breakfast Sandwich
Fruit and Milk

27

Muffins
Fruit and Milk

30

Pancake Wrap
Fruit and Milk

Pop tarts, cereal and breakfast bars are available every day.

