

iUSD nutrition services
high school 2023-24

breakfast

variety of entrees

Bagel with Cream Cheese
Benefit Bar
Bosco Pizza Stick
Breakfast Honey Bun
Cereal Cup, 2 oz.
Whole Grain Muffin or Bread
Mini Pancakes
Uncrustable PB&J
Yogurt Parfait
Handmade Breakfast Bowl
Handmade Breakfast Burrito
Handmade Breakfast Sandwich
Choose 2 of the following items:

- Whole Grain Crackers
- Whole Grain Cereal, 1 oz.
- Whole Grain Pop-Tart
- Sunflower Seeds
- String Cheese

***limited quantities may be available on a daily basis**

***menus subject to change without notice**

milk

choice of

1% White Milk
Non-Fat Chocolate Milk

fruit

must choose 1

Fresh Fruit
Canned Fruit
Dried Fruit
100% Fruit Juice

**first
breakfast meal
FREE
for all students**

**2nd meal price:
\$2.75**

this institution is an equal opportunity provider.
iUSD.org/nutrition