

iUSD nutrition services  
high school 2025-26

# 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](http://iusd.org/nutrition)