



# **Buena Regional School District MS/HS Breakfast Menu**

## **Breakfast Bites**

**We use the healthier whole grain versions of your  
breakfast favorites!**

### **All Choices Available Daily**

Includes Milk, Fruit, Protein/Grain

Hot Egg and Cheese Sandwich on a Bagel or English Muffin

(You Choose: Sausage, Bacon or Ham)

Assorted Muffins

Warm, Fluffy Pancakes with Syrup

Assorted Cereal with Graham Crackers

Kellogg's Pop-Tart with Cheese Stick

Delicious Dutch Waffle

Yogurt, Cheese Stick, Bagel Meal

You May take 1 or 2 Fruits & Your Choice of Milk.

Fresh Fruit, Cupped Fruit and 100% Fruit Juice

(You must take 1 fruit choice)

Milk: 1 % White, Fat Free White, Fat Free Chocolate, Fat Free Strawberry

Breakfast Meal Paid ~ \$1.50

Breakfast Meal Free/Reduced ~ \$0.00

**This Institution is an Equal Opportunity Provider. Menu is subject to  
change.**