

# BEA WASTE WARRIOR

April 2025

High School Breakfast

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

Breakfast

- Sausage, Cheese & Biscuit Sandwich
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Crunchy Very Berry Parfait
- Sliced Whole Grain Cinnamon Toast

2

Breakfast

- Whole Grain Waffles
- Blueberry Topping
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Sunberry Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

3

Breakfast

- Iced Cinnamon Roll
- Turkey Sausage Patty
- Trix Cereal Bar
- Cocoa Puffs Cereal Bar
- Apple Cinnamon Nutrigrain Bar
- Crunchy Very Berry Parfait
- Honey Graham Crackers
- Sliced Whole Grain Cinnamon Toast

4

Breakfast

- Scrambled Eggs with Cheddar Cheese
- Fresh Baked Whole Grain Biscuit
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Banana Pineapple Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

### Warning!

Some nutrition information on these menus may be incorrect due to a system update. Do not rely on this information at this time. If you have an allergy, medical, or dietary concern, please speak with your cafeteria manager prior to participating in the meal.

7

Breakfast

- Apple Frudel
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Banana Apricot Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

8

Breakfast

- Chicken Tenders
- Whole Grain Waffles
- Baked Apple Slices
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Blueberry Parfait with Granola
- Sliced Whole Grain Cinnamon Toast

9

Breakfast

- Breakfast Banana Split
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Peachy Strawberry Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

10

Breakfast

- Strawberry Cream Cheese Stuffed Bagel
- Trix Cereal Bar
- Cocoa Puffs Cereal Bar
- Apple Cinnamon Nutrigrain Bar
- Blueberry Parfait with Granola
- Sliced Whole Grain Cinnamon Toast

11

Breakfast

- Fresh Baked Whole Grain Biscuit
- Old Fashioned Gravy
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Blueberry Parfait with Granola
- Low Fat Mozzarella String Cheese

14

Breakfast

- Sausage, Cheese & Biscuit Sandwich
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Strawberry Banana Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

15

Breakfast

- Cinnamon Toast Crunch Mini French Toast Bites
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Crunchy Very Berry Parfait
- Sliced Whole Grain Cinnamon Toast

16

Breakfast

- Grits Breakfast Bowl
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Sunberry Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

17

Breakfast

- Blueberry Bash Waffles
- Trix Cereal Bar
- Cocoa Puffs Cereal Bar
- Apple Cinnamon Nutrigrain Bar
- Crunchy Very Berry Parfait
- Sliced Whole Grain Cinnamon Toast

18

Breakfast

- Scrambled Eggs with Cheddar Cheese
- Fresh Baked Whole Grain Biscuit
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Crunchy Very Berry Parfait
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

**21**

Breakfast

- Honey Butter Chicken Biscuit
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Banana Apricot Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

**22**

Breakfast

- Whole Grain Pancake Donut bites with Strawberries
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Blueberry Parfait with Granola
- Honey Graham Crackers

**23**

Breakfast

- Turkey Ham, Egg & Cheese Burrito
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Peachy Strawberry Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

**24**

Breakfast

- Mini Cinnamon Waffles
- Trix Cereal Bar
- Cocoa Puffs Cereal Bar
- Apple Cinnamon NutriGrain Bar
- Blueberry Parfait with Granola
- Honey Graham Crackers

**25**

Breakfast

- Cherry Frudel
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Strawberry Banana Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

**28**

Breakfast

- Whole Grain French Toast Sticks
- Turkey Sausage Patty
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Strawberry Banana Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

**29**

Breakfast

- Sausage, Cheese & Biscuit Sandwich
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Corn Chex
- Frosted Corn Flakes
- Crunchy Very Berry Parfait
- Sliced Whole Grain Cinnamon Toast

**30**

Breakfast

- Whole Grain Waffles
- Blueberry Topping
- Frosted Cinnamon Pop-Tart
- Frosted Strawberry Pop-Tart
- Sunberry Smoothie
- Honey Graham Crackers
- Low Fat Mozzarella String Cheese

If you have a food allergy, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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