

August 2016

Hillsboro School District #3

BREAKFAST

We have the right to substitute items without notice.

Breakfast - \$1.50, Reduced \$.30

Lunch - \$2.65, Reduced \$.40

This menu may contain peanuts or nut products



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

8

9

10

11

12

15

16

17

18

19

*Not in Attendance
Due to
Teachers' Institute*

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Choice of Cereal
Pop tarts
Fruit/Fruit Juice
Milk

Choice of Cereal
Cheese Omelet
Fruit/Fruit Juice
Milk

Choice of Cereal
Mini Sausage Bites
Fruit/Fruit Juice
Milk

22

23

24

25

26

Choice of Cereal
Breakfast Pizza
Fruit/Fruit Juice
Milk

Choice of Cereal
Pancakes w/ Syrup
Fruit/Fruit Juice
Milk

Choice of Cereal
Biscuit & Sausage Gravy
Fruit/Fruit Juice
Milk

Choice of Cereal
Cinnamon Rolls
Fruit/Fruit Juice
Milk

Choice of Cereal
Mel-O-Cream Doughnuts
Fruit/Fruit Juice
Milk

29

30

31

Choice of Cereal
Mini Sausage Bites
Fruit/Fruit Juice
Milk

Choice of Cereal
Sausage & Cheese Bagel
Fruit/Fruit Juice
Milk

Choice of Cereal
Biscuit & Sausage Gravy
Fruit/Fruit Juice
Milk

This institution is an equal opportunity provider

