

# ESSEX HIGH SCHOOL SUMMER BREAKFAST MENU

**Menu subject to change due to availability. Free community breakfast (UNDER 18) served from 8:30-8:45am.**

## June Breakfast Menu

| <i>Monday</i>  | <i>Tuesday</i>  | <i>Wednesday</i>   | <i>Thursday</i>   |
|--|---|--|---|
| Ultimate Breakfast Round 19<br>Fruit Juice and Fresh Fruit<br>Milk | Sausage Biscuit 20<br>Fruit Juice and Fresh Fruit<br>Milk | Cereal & String Cheese 21<br>Fruit Juice and Fresh Fruit<br>Milk | Mini French Toast 22<br>Fruit Juice and Fresh Fruit<br>Milk |
| Cinnamon Bun 26<br>Fruit Juice and Fresh Fruit<br>Milk             | Chicken Biscuit 27<br>Fruit Juice and Fresh Fruit<br>Milk | Grahams & Yogurt 28<br>Fruit Juice and Fresh Fruit<br>Milk       | Mini Pancakes 29<br>Fruit Juice and Fresh Fruit<br>Milk     |

## July Breakfast Menu

| <i>Monday</i>  | <i>Tuesday</i>   | <i>Wednesday</i>   | <i>Thursday</i>   |
|--|--|--|---|
| Closed 3   | Closed 4   | Cereal & Grahams 5<br>Fruit Juice and Assorted Fruit<br>Milk     | Pancake Wrap 6<br>Fruit Juice and Fresh Fruit<br>Milk       |
| Blueberry Muffin 10<br>Fruit Juice and Fresh Fruit<br>Milk         | Ham & Cheese Biscuit 11<br>Fruit Juice and Fresh Fruit<br>Milk | Cereal & String Cheese 12<br>Fruit Juice and Fresh Fruit<br>Milk | Mini Waffles 13<br>Fruit Juice and Fresh Fruit<br>Milk      |
| Pop Tarts 17<br>Fruit Juice and Fresh Fruit<br>Milk                | Sausage Biscuit 18<br>Fruit Juice and Fresh Fruit<br>Milk      | Grahams & Yogurt 19<br>Fruit Juice and Fresh Fruit<br>Milk       | Breakfast Pizza 20<br>Fruit Juice and Fresh Fruit<br>Milk   |
| Ultimate Breakfast Round 24<br>Fruit Juice and Fresh Fruit<br>Milk | Chicken Biscuit 25<br>Fruit Juice and Fresh Fruit<br>Milk      | Cereal & Grahams 26<br>Fruit Juice and Fresh Fruit<br>Milk       | Mini French Toast 27<br>Fruit Juice and Fresh Fruit<br>Milk |
| Cinnamon Bun 31<br>Fruit Juice and Fresh Fruit<br>Milk             |  |  | 27  |

## August Breakfast Menu

| <i>Monday</i>   | <i>Tuesday</i>  | <i>Wednesday</i>  | <i>Thursday</i>  |
|---|---|---|--|
|   | Ham & Cheese Biscuit 1<br>Fruit Juice and Fresh Fruit<br>Milk | Cereal & String Cheese 2<br>Fruit Juice and Fresh Fruit<br>Milk | Mini Pancakes 3<br>Fruit Juice and Fresh Fruit<br>Milk |
| Blueberry Muffin 7<br>Fruit Juice and Fresh Fruit<br>Milk | Sausage Biscuit 8<br>Fruit Juice and Fresh Fruit<br>Milk      | Grahams & Yogurt 9<br>Fruit Juice and Fresh Fruit<br>Milk       | Pancake Wrap 10<br>Fruit Juice and Fresh Fruit<br>Milk |

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