



Payson High School

January 2018

Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PAYSON UNIFIED
School District

⁴

1. Double Berry Parfait
2. Wild West Eggs

Fresh Fruit

⁵

1. Bagelwich Sausage & Cheese
2. Oatmeal Chocolate Chip Breakfast Cookie

Fresh Fruit

We can't make students smarter but with improved nutrition and physical activity, we can put a better student in the chair. Robert Murray MD

⁸

1. Pancake & Sausage
2. Trix Yogurt w/ String Cheese

Fresh Fruit

⁹

1. Ham & Cheesy Eggs
2. Bagel & Cream Cheese

Fresh Fruit

¹⁰

1. Blueberry Breakfast on a Stick
2. Trix Yogurt w/ String Cheese

Fresh Fruit

¹¹

1. Sausage Breakfast Pizza
2. Cereal Bar w/ String Cheese

Fresh Fruit

¹²

1. Cini Mini's
2. Oatmeal Chocolate Chip Cookie

Fresh Fruit
Fresh Fruit

Assorted Cereal w/Toast Offered Daily

¹⁵

NO SCHOOL
MLK RECESS

¹⁶

1. Sausage Breakfast Pizza
2. Trix Yogurt w/ String Cheese

Fresh Fruit

¹⁷

1. Pancakes & Sausage
2. PopTart w/ String Cheese

Fresh Fruit

¹⁸

1. Breakfast on a Stick
2. Cereal Bar w/ String Cheese

Fresh Fruit

¹⁹

1. Egg & Cheese Burrito
2. Bagel & Cream Cheese

Fresh Fruit

REMEMBER TO PICK AT LEAST THREE (3) ITEMS AND ONE MUST BE ½ CUP OF FRUIT OR JUICE

²²

1. Blueberry Breakfast on a Stick
2. Trix Yogurt w/ String Cheese

Fresh Fruit

²³

1. French Toast Sticks
2. Bagel & Cream Cheese

Fresh Fruit

²⁴

1. Pancakes & Sausage
2. Trix Yogurt w/ String Cheese

Fresh Fruit

²⁵

1. Double Berry Parfait
2. Wild West Eggs

Fresh Fruit

²⁶

1. Bagelwich Sausage & Cheese
2. Oatmeal Chocolate Chip Breakfast Cookie

Fresh Fruit

Milk: FF White – 1% White – FF Chocolate

²⁹

1. Biscuit, Ham, Egg & Cheese
2. Cereal Bar w/ String Cheese

Fresh Fruit

³⁰

1. Ham & Cheesy Eggs
2. Bagel & Cream Cheese

Fresh Fruit

³¹

1. Blueberry Breakfast on a Stick
2. Trix Yogurt w/ String Cheese

Fresh Fruit



USDA is an equal opportunity provider and employer.