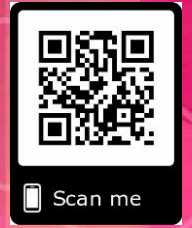




# Pender Early College High School Breakfast

January 2019

All menu items are subject to change.



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## Holiday & New Year Break No School

Breakfast Pizza  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Orange, Applesauce  
Fruit Juice, Milk Opts

Banana Chocolate Chip Muffin  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
Apple, Diced Peaches  
Grape Juice, Milk Opts

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Bacon Egg & Cheese English Muffin  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
Banana, Diced Pears  
Apple Juice, Milk Opts

Breakfast Pizza  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Orange, Mixed Fruit  
Fruit Juice, Milk Opts

French Toast Sticks  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Apple, Raisins  
Orange Juice, Milk Opts

Choc Glazed Cocoa Puff Donut  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
Orange, Applesauce  
Fruit Juice, Milk Opts

Scrambled Eggs with Cheese & Bacon Bowl  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
Apple, Diced Peaches  
Grape Juice, Milk Opts

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Turkey Pancake Wrap  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Banana, Diced Pears  
Apple Juice, Milk Opts

Breakfast Pizza  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Orange, Mixed Fruit  
Fruit Juice, Milk Opts

Dutch Waffle  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Apple, Raisins  
Orange Juice, Milk Opts

Egg & Cheese English Muffin  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
Orange, Applesauce  
Fruit Juice, Milk Opts

Bacon, Egg & Cheese Donut Melt  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
Apple, Diced Peaches  
Grape Juice, Milk Opts

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Cinnamon Roll  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Orange, Mixed Fruit  
Fruit Juice, Milk Opts

Scrambled Eggs w/ Saus & Cheese/Toast  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
Apple, Raisins  
Orange Juice, Milk Opts

Breakfast Pizza  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Orange, Applesauce  
Fruit Juice, Milk Opts

Half Hot Ham & Cheese  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Apple, Diced Peaches  
Grape Juice, Milk Opts

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Chicken & Cheese English Muffin  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
Banana, Diced Pears  
Apple Juice, Milk Opts

Blueberry Muffin  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Orange, Mixed Fruit  
Fruit Juice, Milk Opts

Breakfast Pizza  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Apple, Raisins  
Orange Juice, Milk Opts

Dutch Waffle  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
  
Orange, Applesauce  
Fruit Juice, Milk Opts

Egg & Cheese English Muffin  
Trix Yogurt/Toast  
Assorted Cereals,  
Pop-tarts/Toast  
Apple, Diced Peaches  
Grape Juice, Milk Opts

### Alternating Options:

**Mon:** Powdered Sugar Donut Holes

**Tues:** Glazed Donuts

**Wed:** Cocoa Coated Donut Holes

**Thurs:** Glazed Donuts **Fri:** Cinn & Sugar Donut Holes



Check out our menu online to access each day's options and the nutritionals! Do you have a menu idea? Let us know!