Breakfast
MENU

November
Nov 2nd—Nov 6th

The Villages High School

RISE & SHINE ENTREES

French Toast
Homemade banana bread french toast dipped in coach Pop's special recipe and then put on the griddle till golden brown. Topped with powdered sugar and served with zero calorie syrup.

Popcorn Chicken
Ten all natural nuggets made with dark meat chicken and artisan breaded with whole grain. Baked to perfection.

Cinnamon Roll
Traditional cinnamon roll with moist sweet dough, a hint of spice and swirls of mild sweet cinnamon paste. Topped with icing drizzle.

Sausage Croissant
A sausage patty and cheddar cheese on a fluffy whole grain croissant.

Breakfast Pizza
Whole grain pizza dough topped with a white sauce and then covered with egg and bacon.

Whole Grain Muffin
Whole grain Muffins made from scratch in different varieties like chocolate chip, blueberry, strawberry and banana.

Yogurt Parfait
Yogurt layered with fillings and then topped with granola. Comes in Berry and Peanut Butter and Jelly

Overnight Oats
Creamy oats soaked overnight with milk, yogurt, honey & chia seeds. Comes in Peanut Butter and Berry.

Assorted Whole Grain Cereals



ALA-CARTE

Hash Brown



WEEKLY SPECIAL

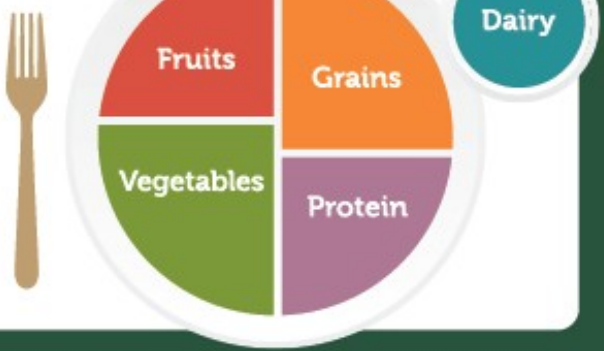
Breakfast Casserole
Potato, sausage, egg and cheddar cheese with light buttery biscuits baked into a casserole.

WHAT MAKES A COMPLETE MEAL:

A food item is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal.

P PROTEIN G GRAIN V VEGETABLES F FRUIT D DAIRY

- Choose 3-5 items (one must be a FRUIT or VEGGIE):
- Up to 2 FRUIT and/or VEGETABLES every day
- 1% white MILK or non-fat chocolate MILK



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Breakfast
MENU

November
Nov 9th—Nov 13th

The Villages High School

RISE & SHINE ENTREES

French Toast
Homemade banana bread french toast dipped in coach Pop's special recipe and then put on the griddle till golden brown. Topped with powdered sugar and served with zero calorie syrup.

Popcorn Chicken
Ten all natural nuggets made with dark meat chicken and artisan breaded with whole grain. Baked to perfection.

Cinnamon Roll
Traditional cinnamon roll with moist sweet dough, a hint of spice and swirls of mild sweet cinnamon paste. Topped with icing drizzle.

Sausage Croissant
A sausage patty and cheddar cheese on a fluffy whole grain croissant.

Breakfast Pizza
Whole grain pizza dough topped with a white sauce and then covered with egg and bacon.

Whole Grain Muffin
Whole grain Muffins made from scratch in different varieties like chocolate chip, blueberry, strawberry and banana.

Yogurt Parfait
Yogurt layered with fillings and then topped with granola. Comes in Berry and Peanut Butter & Jelly.

Overnight Oats
Creamy oats soaked overnight with milk, yogurt, honey & chia seeds. Comes in Peanut butter and Berry.

Assorted Whole Grain Cereals





ALA-CARTE

Hash Brown

WEEKLY SPECIAL

Biscuits & Gravy
A light buttery and fluffy biscuit smothered with homemade sausage gravy.

WHAT MAKES A COMPLETE MEAL:

A food item is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal.

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- Choose 3-5 items (one must be a FRUIT or VEGGIE):
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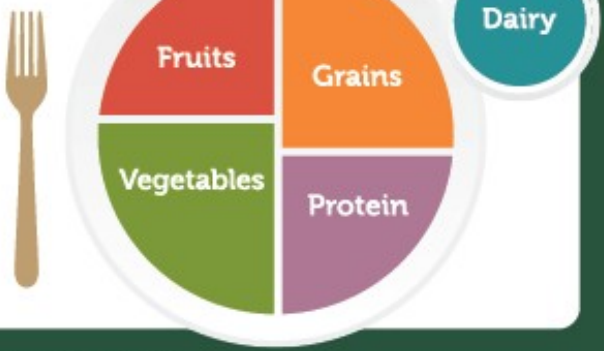

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Breakfast
MENU

November
Nov 16th—Nov 20th

The Villages High School

RISE & SHINE ENTREES

French Toast
Homemade banana bread french toast dipped in coach Pop's special recipe and then put on the griddle till golden brown. Topped with powdered sugar and served with zero calorie syrup.

Popcorn Chicken
Ten all natural nuggets made with dark meat chicken and artisan breaded with whole grain. Baked to perfection.

Cinnamon Roll
Traditional cinnamon roll with moist sweet dough, a hint of spice and swirls of mild sweet cinnamon paste. Topped with icing drizzle.

Sausage Croissant
A sausage patty and cheddar cheese on a fluffy whole grain croissant.

Breakfast Pizza
Whole grain pizza dough topped with a white sauce and then covered with egg and bacon.

Whole Grain Muffin
Whole grain Muffins made from scratch in different varieties like chocolate chip, blueberry, strawberry and banana.

Yogurt Parfait
Yogurt layered with fillings and then topped with granola. Comes in Berry & Peanut Butter & Jelly.

Overnight Oats
Creamy oats soaked overnight with milk, yogurt, honey & chia seeds. Comes in peanut butter and berry.

Assorted Whole Grain Cereals



ALA-CARTE

Hash Brown



WEEKLY SPECIAL

Chicken Biscuit
A whole grain chicken slider on a light buttery and fluffy biscuit.

WHAT MAKES A COMPLETE MEAL:

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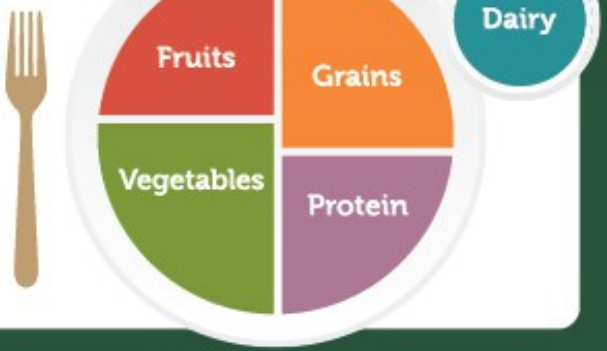

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Breakfast
MENU

November
Nov 30th—Dec 4th

The Villages High School

RISE & SHINE ENTREES

French Toast
Homemade banana bread french toast dipped in coach Pop's special recipe and then put on the griddle till golden brown. Topped with powdered sugar and served with zero calorie syrup.

Popcorn Chicken
Ten all natural nuggets made with dark meat chicken and artisan breaded with whole grain. Baked to perfection.

Cinnamon Roll
Traditional cinnamon roll with moist sweet dough, a hint of spice and swirls of mild sweet cinnamon paste. Topped with icing drizzle.

Sausage Croissant
A sausage patty and cheddar cheese on a fluffy whole grain croissant.

Breakfast Pizza
Whole grain pizza dough topped with a white sauce and then covered with egg and bacon.

Whole Grain Muffin
Whole grain Muffins made from scratch in different varieties like chocolate chip, blueberry, strawberry and banana.

Yogurt Parfait
Yogurt layered with fillings and then topped with granola. Comes in Berry and Peanut Butter and Jelly.

Overnight Oats
Creamy oats soaked overnight with milk, yogurt, honey & chia seeds. Comes in peanut butter and berry.

Assorted Whole Grain Cereals



ALA-CARTE

Hash Brown



WEEKLY SPECIAL

Breakfast Quesadilla
Sausage, egg and cheddar cheese in a whole grain tortilla and pressed till golden.

WHAT MAKES A COMPLETE MEAL:

A food item is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal.

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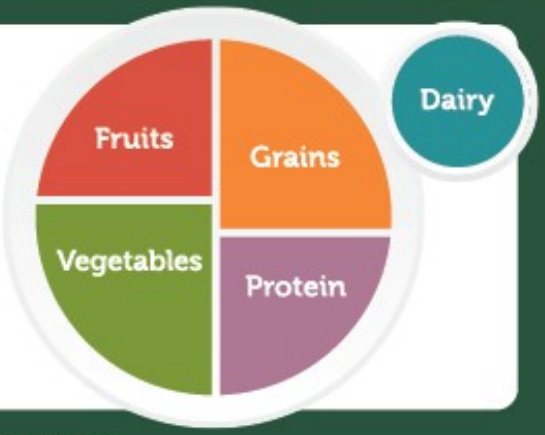
- 1% white MILK or non-fat chocolate MILK





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