

TYLERTOWN HIGH SCHOOL



MEAL PRICING:

Breakfast Full Price	\$ 1.75
Reduced Breakfast Price	\$.30
Milk Only	\$.75

BREAKFAST MENU

January-May 2025

Beverages

100% Juice
\$1.00

12oz Water
\$0.75

Fruit
Low Fat Milk
Fat Free Milk
Assorted Fruit
Juice
**** Offered Daily****

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Pancake on a Stick Pancake Syrup Chocolate Donuts Assorted Cereal	Scrambled Eggs Crispy Toast Jelly Yogurt Parfait Assorted Cereal	Cinnamon Rolls w/ Icing Mini Pancakes Pancake Syrup	Bagel w/ Sausage & Gravy Apple Pie Parfait Assorted Cereals	Southern Biscuit Sausage Patty Jelly Fruodels-Variety Assorted Cereals
2	Hot Grits Cheese Toast Mini Waffles Assorted Cereal	French Toast Sticks Pancake Syrup Parfait Assorted Cereals	Breakfast Sausage Pizza Powdered Donuts Assorted Cereal	Pancakes Pancake Syrup Chocolate Donuts Assorted Cereal	Southern Biscuit Sausage Patty Jelly Fruodels-Variety Assorted Cereals
3	Pancake on a Stick Pancake Syrup Chocolate Donuts Assorted Cereal	Scrambled Eggs Crispy Toast Jelly Yogurt Parfait Assorted Cereal	Cinnamon Rolls w/ Icing Mini Pancakes Pancake Syrup	Bagel w/ Sausage & Gravy Apple Pie Parfait Assorted Cereals	Southern Biscuit Sausage Patty Jelly Fruodels-Variety Assorted Cereals
4	Hot Grits Cheese Toast Mini Waffles Assorted Cereal	French Toast Sticks Pancake Syrup Parfait Assorted Cereals	Breakfast Pizza Powdered Donuts Assorted Cereal	Pancakes Pancake Syrup Chocolate Donuts Assorted Cereal	Southern Biscuit Sausage Patty Jelly Fruodels-Variety Assorted Cereals

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19¹
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal²

January 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Week 1 Meal Plan
 Week 2 Meal Plan
 Week 3 Meal Plan
 Week 4 Meal Plan