Fresh Fruit Cups – **Assorted Seasonal Fruit**

Yogurt Parfaits – Strawberry, Blueberry & Peach

Assorted Cereals -Cheerios, Rice Chex & **Rice Krispies** *Gluten Free Available

Assorted Granola Bars

Milk – 1% & Fat-Free APPY EATIN **Assorted Juices**



- ✓ We use Cage-Free Eggs
- ✓ Milk is antibiotic and hormone free

Menus are subject to change.

Powering potential.

TC4 TO SCHO



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Meal \$3.25 Grab a Milk with bag of Chips or fruit to make it a meal!

RIDGEFIELD HIGH SCHOOL Daily Breakfast MENU

Omelet Bar

Made-to-Order Omelets Choice of veggies, tofu, cheese & meats Assorted Egg Sandwiches

From the Griddle

Made-to-Order Pancakes French Toast Hashbrown Patty

Fresh From the Bakery

Assorted Bagels Kaiser Rolls Muffins

Oatmeal Bar

Quaker Oats with choice of toppings: Granola,, Chocolate Chips, Daily Fresh fruit