



# MORRIS HILLS & MORRIS KNOLLS HIGH SCHOOLS

Breakfast 2017-2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scrambled Eggs w/ Turkey Bacon, Hash Browns & a Whole Grain Biscuit	Whole Wheat Pancakes w/ Turkey Bacon & Hash Browns	Make-Your-Own Omelet <b>at the Knolls</b> w/ Hash Browns & a Whole Grain Biscuit  Whole Grain Waffles w/ Hash Browns & Fresh Fruit <b>at the Hills</b>	Make-Your-Own Omelet <b>at the Hills</b> w/ Hash Browns & a Whole Grain Biscuit  Whole Grain Waffles w/ Hash Browns & Fresh Fruit <b>at the Knolls</b>	Whole Wheat Texas French Toast w/ Turkey Bacon & Fresh Strawberries

**Breakfast includes** Entrée (Bread/Grain), 1 cup Fresh or Cupped Fruit & 100% Juice, plus Milk Choice (1% Low-Fat, Non-Fat Chocolate, Skim)

**Daily Alternate Choices include:**

- Assorted Whole Grain Cereals
- Whole Grain Bagels
- Fresh Fruit & Yogurt Parfaits
- Assorted Breakfast Sandwiches



**At least 50% of All Grains served w/ your meal are Whole Grain Rich**

"This institution is an equal opportunity provider."