

# What's on the Menu?

## Birmingham Public Schools Secondary Breakfast Menu 2021 - 2022



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Assorted Reduced Sugar, Whole Grain Cereal Bowl <i>with</i> Fruit <i>and</i> Chocolate or White Low-fat Milk	Whole Grain Assorted Nutrigrain Bar with Yogurt <i>with</i> Fruit <i>and</i> Chocolate or White Low-fat Milk	Chocolate Whole Grain Muffin <i>with</i> Fruit <i>and</i> Chocolate or White Low-fat Milk	Simply Wholesome Strawberry Oatmeal Bar <i>with</i> Fruit <i>and</i> Chocolate or White Low-fat Milk	Chocolate Whole Grain Muffin <i>with</i> Fruit <i>and</i> Chocolate or White Low-fat Milk

*A breakfast includes a choice of entrée supplying protein and grain, two fruit side dishes, and a choice of milk.  
Milk choices include low-fat white, fat-free chocolate or strawberry.*