



BOYDEN-HULL JR/SR SCHOOL BREAKFAST MENU

Serving Breakfast: 7:35 – 8:20
Monday – Friday

CHEF'S SPECIALS

Includes Hot Entrée, Choice of Fruit, Juice, and Milk

Monday: **French Toast Sticks**
Tuesday: **Breakfast Pizza**
Wednesday: **Cheese Omelet**
Thursday: **Long Johns**
Friday: **Breakfast Pizza**



Build a Healthy Plate

Make half your plate fruits and vegetables.
Make at least half your grains, whole grains.
Vary your protein choices.
Switch to skim or 1% milk.

For more information go to
www.choosemyplate.gov

GOOD to GO

Includes Choice of Entree, Choice of Fruit, Juice, and Milk

Offered Daily
Muffin • Pop Tart •
Cereal & Toast
Breakfast Pizza



A'viands

All grain products served are whole grain-rich.

The Breakfast Menu follows the guidelines of the School Breakfast Program (SBP)

A complete breakfast meal consists of fruit and two of the three available options:

- Grains
- Protein
- ½ Pint Milk

Start the day with us!

For questions and comments, please email Sherri Lokhorst boydenhull@aviands.com or call 712-725-2381