



Carson High School Breakfast Menu

August/September 2011



22 French Toast Slices ^{WG}
Egg Biscuit w/Cheese
featured sides
Orange Wedges
Fruit Juice
Diced Pears

23 Bacon & Egg Panini ^{WG}
Egg Muffin w/Bacon
featured sides
Apple Slices
Orange Juice
Pineapple Tidbits

24 Strawberry Yogurt Parfait
Ham Biscuit w/Egg
featured sides
Fresh Banana
Pineapple Juice
Mixed Fruit

25 Breakfast Pizza ^{WG}
Egg Bagel w/ Cheese
featured sides
Fresh Melon
Apple Juice
Diced Peaches

26 Waffles w/Syrup
Egg Muffin w/Sausage
featured sides
Fresh Watermelon
Grape Juice
Applesauce

29 Pancake Wrap ^{WG}
Sausage Biscuit w/Egg
featured sides
Orange Smiles
Blended Fruit Juice
Diced Pears

30 Scrambled Eggs w/ Ham Steak
Bagel w/Cream Cheese
featured sides
Apple Slices
Orange Juice
Pineapple Tidbits

31 Biscuits & Sausage Gravy
Egg Muffin w/Sausage
featured sides
Fresh Banana
Pineapple Juice
Mixed Fruit

1 Breakfast Burrito w/Bacon
Breakfast Chicken Sandwich
featured sides
Fresh Melon
Apple Juice
Diced Peaches

2 Cinnamon Roll
Ham Biscuit w/Egg
featured sides
Fresh Watermelon
Grape Juice
Applesauce

5 Labor Day Holiday
featured sides

6 Breakfast Pizza
Egg Muffin w/Bacon
featured sides
Apple Slices
Orange Juice
Pineapple Tidbits

7 Pineapple Yogurt Parfait
Ham Biscuit w/Egg
featured sides
Fresh Banana
Pineapple Juice
Mixed Fruit

8 Breakfast Calzone ^{WG}
Egg Bagel w/ Cheese
featured sides
Fresh Melon
Apple Juice
Sliced Peaches

9 French Toast
Egg Muffin w/Sausage
featured sides
Fresh Watermelon
Grape Juice
Applesauce

12 Pancakes w/ Syrup ^{WG}
Sausage Biscuit w/Egg
featured sides
Orange Wedges
Fruit Juice
Diced Pears

13 Ham & Cheese Panini
Egg & Cheese Bagel
featured sides
Apple Slices
Orange Juice
Pineapple Tidbits

14 Professional Development Day
featured sides

15 Breakfast Soft Tacos ^{WG}
Egg Panini w/Cheese
featured sides
Fresh Melon
Apple Juice
Diced Peaches

16 Biscuit & Sausage Gravy
Ham Biscuit w/Egg
featured sides
Fresh Watermelon
Grape Juice
Applesauce

19 French Toast Sticks ^{WG}
Egg Biscuit w/Cheese
featured sides
Orange Wedges
Fruit Juice
Diced Pears

20 Huevos Rancheros
Egg Muffin w/Bacon
featured sides
Apple Slices
Orange Juice
Pineapple Tidbits

21 Biscuits & Sausage Gravy
Ham Bagel w/Egg
featured sides
Fresh Banana
Pineapple Juice
Mixed Fruit

22 Scrambled Eggs w/Turkey Sausage
Egg Biscuit w/ Cheese
featured sides
Fresh Melon
Apple Juice
Diced Peaches

23 Glazed Cinnamon Roll
Egg Muffin w/Sausage
featured sides
Fresh Watermelon
Grape Juice
Applesauce



Muffins, Bagels and Cereals ^{WG}

We freshly bake our muffins. Look for daily specials that may include Apple Spice, Blueberry and Banana. The Bagel Shoppe has a variety of toppings and spreads. Cereal is always available.



Belgium Waffle Station ^{WG}

We offer a daily waffle station where students can create their masterpiece from a selection of syrups, jams, fruit compotes and spice shakers.

all entrees include...

Side Dish of Oatmeal
A healthy bowl of oats gets the body ready to learn. Look for our daily featured flavors.

Choice of Fruit or Juice
Fresh variety, fruit and juice, and 100% juice available daily

Choice of Milk
Varieties include 1% low fat and flavored fat-free choices



Yogurt Parfaits

Flavored yogurts in a cup. Also we build grab-n-go parfait entrees with a variety of fruits and granola toppings.

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