

BALTIMORE COUNTY PUBLIC SCHOOLS

Office of Food and Nutrition Services

This institution is an equal opportunity provider.

**MIDDLE & HIGH SCHOOL BREAKFAST MEAL PATTERN
2017-2018**

Includes 3 Components: Grain (up to 2), Fruit (up to 2), Milk

OFFER UP TO 2 HOT DAILY	OFFER UP TO 3 DAILY	OFFER A VARIETY DAILY (OPTIONAL)
<p style="text-align: center;">2 GRAINS</p> <p>Breakfast Burrito Breakfast Pizza Breakfast Sandwich Donut Holes (6 ea.) Limit once a week Flapstick French Toast Sticks (3 ea.) Mini Pancakes Texas Toast, Apple Cinnamon</p>	<p style="text-align: center;">2 GRAINS</p> <p>Bagel w/Cream Cheese or Margarine Blueberry Muffin Banana Bread Breakfast Bun Chocolate Muffin Crunchmania Mini Cinnis Oatmeal Chip Bar Pop-Tarts (2 pk.)</p>	<p style="text-align: center;">1 GRAIN</p> <p>Cereal Bar Cereal Bowl Elf Grahams Yogurt 4 oz. String Cheese</p>

Breakfast Breaks include 3 items—cereal box, grain, and fruit—that may be offered daily.

FRUIT – Offer a Variety Daily
<p>Fruit Juice (4 oz.) Fresh Fruit (1 ea.) Dried Fruit (Raisins, Craisins) (1 pk.) Canned Fruit (1/2 c.)</p>

MILK – Offer a Variety Daily
<p>Skim (8 oz.) 1% White (8 oz.) Fat Free Chocolate or Strawberry (8 oz.)</p>

Secondary school cafeterias will determine daily menu item choices.