

**BALTIMORE COUNTY PUBLIC SCHOOLS**

**Office of Food and Nutrition Services**

*This institution is an equal opportunity provider.*

**MIDDLE & HIGH SCHOOL BREAKFAST MEAL PATTERN**

**2019-2020**

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

	<b>OFFER UP TO 2 HOT DAILY</b>	<b>OFFER UP TO 3 DAILY</b>	<b>OFFER A VARIETY DAILY (OPTIONAL)</b>
<b>G R A I N</b>	<b>2 GRAIN</b>	<b>2 GRAIN</b>	<b>1 GRAIN</b>
	Breakfast Burrito	Bagel w/Cream Cheese or Margarine	Cereal Bar
	Sausage & Egg Breakfast Boat	*Savory Bread	Grahams
	Breakfast Sandwich	Chocolate Muffin	Yogurt 4 oz.
	Donut Holes (6 ea.) <i>Limit once a week</i>	Crunchmania	String Cheese
	Flapstick	Mini Cinnis	
	French Toast Sticks (3 ea.)	**Benefit Bar	
	Mini Pancakes	Pop-Tarts (2 pk.) Cinnamon or Strawberry	
	Cinnamon Toast Crunch Pastry		
	Raspberry Pastry		
Breakfast Breaks may be offered daily. Includes 3 items: cereal box, grain, and fruit.			
<b>T I F E R U F R U I T</b>	<b>OFFER A VARIETY DAILY</b>		
	Fruit Juice (4 oz.)		
	Fresh Fruit (1 ea.)		
	Dried Fruit (Raisins, Craisins) (1 pk.)		
	Canned Fruit (1/2 c.)		
<b>M I L K</b>	<b>OFFER A VARIETY DAILY</b>		
	Skim (8 oz.)		
	1% White (8 oz.)		
	Fat Free Chocolate or Strawberry (8 oz.)		

\* Savory bread selection will vary.

\*\*Benefit bar flavor will vary.