

FEBRUARY - 2023

HOOKS HIGH & JUNIOR HIGH SCHOOL – BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
MENUS ARE		Cereal/Buttered Toast	Cereal/Cheese Stick	Assorted Cereal
SUBJECT TO		Breakfast Sandwich	Biscuit/Egg Pattie	Cinnamon Toast
		Assorted Jelly	Sausage Gravy	Creamy Oatmeal
CHANGE WITHOUT		Chilled Fresh Fruit	Chilled Fresh Fruit	Chilled Fresh Fruit
NOTICE!		100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
		Choice of Milk*	Choice of Milk*	Choice of Milk*
6	7	8	9	10
Cereal/Buttered Toast	Cereal/Buttered Toast	Cereal/Buttered Toast	Cereal/Cinnamon Toast	Cereal/G. Crackers
Breakfast Pizza	Biscuit & Sausage	Breakfast Sandwich	Morning Sausage Roll	Sausage Pancake on
Chilled Fresh Fruit	Peppered Gravy	Assorted Jelly	Cheese Stick	A Stick/Syrup
100% Fruit Juice	Hashbrowns	Chilled Fresh Fruit	Chilled Fresh Fruit	Chilled Fresh Fruit
Choice of Milk*	Chilled Fresh Fruit	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
	100% Fruit Juice	Choice of Milk*	Choice of Milk*	Choice of Milk*
	Choice of Milk*			
13	14	15	16	17
WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
20	24	22	22	24
20	21	22	23	24
Cereal – Buttered Toast	Cereal/G. Crackers	Cereal/Buttered Toast	Cereal/G. Crackers	Strawberry Pop Tart
Egg Pattie/Biscuit	Pancakes/Syrup	Breakfast Pizza	Creamy Oatmeal	Jalapeno Kolache
Sausage Gravy Hashbrowns	Sausage	Chilled Fresh Fruit 100% Fruit Juice	Cinnamon Toast	String Cheese
	Chilled Fresh Fruit		Chilled Fresh Fruit	Chilled Fresh Fruit
Chilled Fruit	100% Fruit Juice	Choice of Milk*	100% Fruit Juice	100% Fruit Juice
100% Fruit Juice	Choice of Milk*		Choice of Milk*	Choice of Milk*
Choice of Milk*				
27	28			
Cereal/G. Crackers	Cereal/Buttered Toast		*Milk Choice:	
Pancakes/Syrup	Breakfast Casserole		1% White	
Sausage	Biscuit/Peppered Gravy			
Chilled Fresh Fruit	Chilled Fresh Fruit		1% Chocolate	
100% Fruit Juice	100% Fruit Juice			
Choice of Milk*	Choice of Milk*			
	2			

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