

BALTIMORE COUNTY PUBLIC SCHOOLS

Office of Food and Nutrition Services

This institution is an equal opportunity provider.

**MIDDLE & HIGH SCHOOL BREAKFAST MEAL PATTERN
2018-2019**

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)
2 GRAINS	2 GRAINS	1 GRAIN
Breakfast Burrito Breakfast Pizza Breakfast Sandwich Cinnabar Donut Holes (6 ea.) Limit once a week Flapstick French Toast Sticks (3 ea.) Mini Pancakes	Assorted Breakfast Bars Bagel w/Cream Cheese or Margarine Chocolate Muffin Crunchmania Mini Cinnis Pop-Tarts (2 pk.) *Savory Bread	Cereal Bar Cereal Bowl Elf Grahams String Cheese Yogurt 4 oz.

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

*Savory bread flavors will vary.

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

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

Secondary school cafeterias will determine daily menu item choices.