

OREGON CITY SCHOOLS BREAKFAST MENU

**CLAY HIGH SCHOOL
HOME OF THE
FIGHTING EAGLES**

MEAL PRICING:

Breakfast Full Price: \$1.50
Reduced Breakfast Price: \$.30
Free Students: \$FREE

Breakfast Menu

August-May 2018-2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Cheese Omelet Fruit/Juice Choice of Milk	WG Pastry Fruit/Juice Choice of Milk	Pancake Wrap Fruit/Juice Choice of Milk	Breakfast Pizza Fruit/Juice Choice of Milk	Breakfast Sandwich Fruit/Juice Choice of Milk
2	Cheese Omelet Fruit/Juice Choice of Milk	WG Pastry Fruit/Juice Choice of Milk	Pancake Wrap Fruit/Juice Choice of Milk	Breakfast Pizza Fruit/Juice Choice of Milk	Breakfast Sandwich Fruit/Juice Choice of Milk
3	Cheese Omelet Fruit/Juice Choice of Milk	WG Pastry Fruit/Juice Choice of Milk	Pancake Wrap Fruit/Juice Choice of Milk	Breakfast Pizza Fruit/Juice Choice of Milk	Breakfast Sandwich Fruit/Juice Choice of Milk
4	Cheese Omelet Fruit/Juice Choice of Milk	WG Pastry Fruit/Juice Choice of Milk	Pancake Wrap Fruit/Juice Choice of Milk	Breakfast Pizza Fruit/Juice Choice of Milk	Breakfast Sandwich Fruit/Juice Choice of Milk

OTHER DAILY SELECTIONS:

ENTREES

Assorted Cereals
Whole Grain Breakfast Bars
Vitamin Enriched WG Pastries
Yogurt/Granola
Fresh Fruit
Milk Choice

NUTRITION BITES:

- Dairy provides 74% of the vitamin D in young children's diets
- More than half of whole grains are eaten at breakfast
- Kids who eat breakfast tend to perform better in school and have fewer disciplinary problems. Breakfast also tends to help kids stay alert
- Starting every day the whole grain way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school
- A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folate (folic acid).

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