

# 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 2019-2020**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	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
<b>2</b>	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
<b>3</b>	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
<b>4</b>	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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