

School Breakfast Program Menu

North Shore Technical High Breakfast Menu

Breakfast Alternate Selection: Whole Grain Bagels & Light Cream Cheese, Fresh Fruit, Granola, Assorted Yogurt and Yogurt Smoothies, Low Fat Milk and 100% Fruit Juice available. Complete Breakfast Sandwiches, Whole Grain Cereals and Oatmeal available daily.

Monday	Tuesday	Wednesday	Thursday	Friday
Ham & Cheese Skillet Omelets, Cottage Fried Potatoes, Fresh Fruit Garnish, Whole Grain Toast.	Multi-Grain French Toast, Breakfast Sausage Patty, Baked Hash Browns, Fresh Fruit Garnish.	Scrambled Eggs, Hickory Smoked Turkey Bacon, Spicy Home Fries, 7Grain Toast, Fresh Fruit Garnish.	Whole Wheat Waffles, Breakfast Turkey Sausage Links, New Potato Fries, Fresh Fruit Garnish.	Western Skillet Omelets(w/ Ham, Peppers & Cheese), Oven Baked Hash Browns, ½ Whole Wheat Bagel, Fresh Fruit Garnish.



All breakfast is served with milk and juice.

The North Shore Regional School District does not discriminate in any of its educational programs or activities on the basis of race, color, sex, religion or national origin.