

SY21 KICK OFF BFAST ALL LEVELS

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Bfast Continental Variety	Bfast Continental Variety	Bfast Continental Variety	Bfast Continental Variety	Bfast Continental Variety
Entrée	Bfast Pancake Stick		Bfast Biscuit Variety		Bfast Biscuit Variety
Fruit	Bfast Fruit Variety	Bfast Fruit Variety	Bfast Fruit Variety	Bfast Fruit Variety	Bfast Fruit Variety
Milk	Bfast Milk Variety	Bfast Milk Variety	Bfast Milk Variety	Bfast Milk Variety	Bfast Milk Variety
	Condiments Bfast	Condiments Bfast	Condiments Bfast	Condiments Bfast	Condiments Bfast

Students choose 1 entrée

Students choose 1 or 2 sides

Each 1/2 cup serving of fruit credits as a menu item and students may take up to 2 (1/2 cup) servings.

Variety Recipes:

Continental Variety- Bfast Frudel Apple, Bfast Frudel Cherry, Bfast Mini Cinnis, Bfast Roll Cinn, Bfast French Toast, 2oz Cereals, Bfast Doughnut Bites, Bfast Pancake Mini, Bfast Pancakes Choco, Bfast Poptart Strawberry, Bfast Poptart Blueberry, Bfast Pastry Squares, Bfast Muffin Variety

Bfast Biscuit Variety- Biscuit Chix, Biscuit Chix Sausage, Biscuit Veggie Sausage

Bfast Muffins Variety- Bfast Muffin Blueberry, Bfast Muffin Chocolate

Bfast Pancakes Variety- Bfast Pancakes Mini Maple, Bfast Pancakes Chocolate Chip

Bfast Pastry Square Variety- Bfast Pastry Cinn Sugar, Bfast Pastry Choc

Bfast Bread Variety- Bfast Banana Bread, Bfast Blueberry Bread