



FUHSD | ALL SCHOOLS MENU | BRUNCH

All Student Meals are FREE - Meal Includes Main Entrée, Fresh Fruit & Milk

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---------------------|--------------------------------|----------------------------|---------------------------------------|-------------------------|
| Hot Entrée | Bagel Sandwich | Burrito (Meat & Vegetarian) | Bagel w/ cream cheese ✓ | Egg w/ Potatoes and Croissant ✓ | Bacon and Egg Flatbread |
| Bakery | Muffins ✓ | French Toast Sticks ✓ | Cinnamon Rolls ✓ | Muffins ✓ | Cinnamon Rolls ✓ |
| Smoothies | Smoothies ✓ | Smoothies ✓ | Smoothies ✓ | Smoothies ✓ | Smoothies ✓ |
| Cereal | Cereal ✓ | Cereal ✓ | Cereal ✓ | Cereal ✓ | Cereal ✓ |
| Grab & Go | Breakfast Bars ✓ | Breakfast Bars ✓ | Breakfast Bars ✓ | Breakfast Bars ✓ | Breakfast Bars ✓ |
| | Overnight Oats ✓ | Overnight Oats ✓ | Overnight Oats ✓ | Overnight Oats ✓ | Overnight Oats ✓ |
| | Yogurt Parfait ✓ | Yogurt Parfait ✓ | Yogurt Parfait ✓ | Yogurt Parfait ✓ | Yogurt Parfait ✓ |

FOOD KEY: = Dairy Free = Gluten Free = Vegetarian = Vegan

Second meals can be purchased with funds in student accounts. | fuhsd.org/departments/nutrition-services
 Menu subject to change without notice based on ingredient availability | This institute is an equal opportunity provider

Staff Prices:
 Brunch = \$4.50
 Lunch = \$6.00