

Eating breakfast will keep you focused throughout your morning classes!  
Fuel your brain with any of our complete breakfast meal options!

## April 2019 High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Main Entree:</b> Scrambled Eggs w/ Ham Ω &amp; English Muffin <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Cereal Variety <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>2</b></p> <p><b>ACT TESTING</b></p> <p><b>Breakfast Bar</b></p>	<p><b>3</b></p> <p><b>Main Entree:</b> Cheese Omelet w/ English Muffin <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Muffin or Cereal Variety <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>4</b></p> <p><b>Main Entree:</b> Ham, Egg &amp; Cheese or Egg &amp; Sandwich <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Cereal Variety Cinnamon Roll <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>5</b></p> <p><b>Main Entree:</b> Breakfast Bowl w/ Biscuit &amp; Fruit <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Scone or Cereal <b>Protein Options</b> Yogurt or Cheese Stick</p>
<p><b>8</b></p> <p><b>Main Entree:</b> Scrambled Eggs &amp; Cheese w/ English Muffin <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Cereal Variety <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>9</b></p> <p><b>Main Entree:</b> Ham, Egg &amp; Cheese Sandwich Ω Egg &amp; Cheese Sandwich <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Cereal Variety French Toast w/ fruit topping <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>10</b></p> <p><b>Main Entree:</b> Texas Egg Taco w Fruit <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Muffin, or Cereal Variety <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>11</b></p> <p><b>Main Entree:</b> Egg &amp; Cheese Sandwich <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Cereal Variety Caramel Roll <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>12</b></p> <p><b>Main Entree:</b> Tortilla &amp; Eggs w/ Fruit <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Scone or Cereal <b>Protein Options</b> Yogurt or Cheese Stick</p>
<p><b>15</b></p> <p><b>Main Entree:</b> Scrambled Eggs w/ Ham Ω &amp; English Muffin <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Cereal Variety <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>16</b></p> <p><b>MCA TESTING</b></p> <p><b>Breakfast Bar</b></p>	<p><b>17</b></p> <p><b>Main Entree:</b> Cheese Omelet w/ English Muffin <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Muffin or Cereal Variety <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>18</b></p> <p><b>Main Entree:</b> Ham, Egg &amp; Cheese or Egg &amp; Sandwich <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Cereal Variety Cinnamon Roll <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>19</b></p> <p><b>No School</b></p>
<p><b>22</b></p> <p><b>Main Entree:</b> Scrambled Eggs &amp; Cheese w/ English Muffin <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Cereal Variety <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>23</b></p> <p><b>Main Entree:</b> Ham, Egg &amp; Cheese Sandwich Ω Egg &amp; Cheese Sandwich <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Cereal Variety French Toast w/ fruit topping <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>24</b></p> <p><b>Main Entree:</b> Texas Egg Taco w Fruit <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Muffin, or Cereal Variety <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>25</b></p> <p><b>Main Entree:</b> Egg &amp; Cheese Sandwich <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Cereal Variety Caramel Roll <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>26</b></p> <p><b>Main Entree:</b> Tortilla &amp; Eggs w/ Fruit <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Scone or Cereal <b>Protein Options</b> Yogurt or Cheese Stick</p>
<p><b>29</b></p> <p><b>Main Entree:</b> Scrambled Eggs w/ Ham Ω &amp; English Muffin <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Cereal Variety <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>30</b></p> <p><b>Main Entree:</b> Egg or Egg &amp; Cheese Sandwich V <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Cereal Variety Pancakes w/ fruit topping <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>1</b></p> <p><b>Main Entree:</b> Cheese Omelet w/ English Muffin <b>Create Your Own Breakfast:</b> <b>Grain Options</b> Hot Cereal w/ Toppings Muffin or Cereal Variety <b>Protein Options</b> Yogurt or Cheese Stick</p>	<p><b>2</b></p> <p><b>No School</b></p>	<p><b>3</b></p> <p><b>No School</b></p>

### Meal Prices:

Breakfast Full Price \$1.75

Milk: \$0.55 carton

\*Must have SY 18-19 approved application and the students must choose a reimbursable meal to qualify for meal benefits. If a student chooses to bring a meal from home, they must pay for their carton of milk which costs \$0.55; meal benefits DO NOT apply. A new application must be filled out each school year in order to qualify for free or reduced meal benefits - please call 952-988-4060 or visit us online @ [www.hopkinsschools.org](http://www.hopkinsschools.org) for more information.

### - Breakfast Meal Options -

Main entree

-or-

**Create Your Own**

1 grain item & 1 protein item  
1 grain item & 1 extra fruit/ vegetable  
2 grain items

All meals contain the milk and/or a variety of fruit/vegetable choices.

### Menu Key

Ω = Contains Pork

V = Meatless Item

Menus are subject to change based on availability of product.

\*\*Scones and muffins may contain nuts... please be sure to check the sign and/or ask if you're not sure!\*\*