





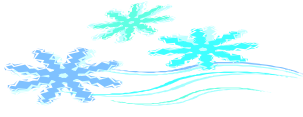



**Breakfast Menu**  
**Newburyport High School**  
**February 2012**

*If you have any questions, please call Chartwell's Schools Dining Services at 978-465-4460*

<b>Try Our New Breakfast Selections!!</b>	<b>Mom's Monday</b>	<b>Take-along Tuesday</b>	<b>Hot Combo Wednesday</b>	<b>Top It Off Thursday</b>	<b>Flatbread Friday</b>	
<p><b>This Month's Special!</b>  <b>Yogurt Parfaits, offered daily!</b>  <b>\$1.50</b></p> <p><b>Additional Daily Selections</b></p> <p>Bagel \$1.25  w/Cream Cheese \$1.50</p> <p>Muffin Top \$1.00</p> <p>Cereal \$1.00</p> <p>Yogurt, 4oz. \$.60</p> <p>Yogurt Parfait \$1.50</p> <p>Fruit Cup (seasonal) \$1.50</p> <p>Hard Boiled Egg \$0.80</p> <p>Fresh Fruit \$.80</p> <p>  Whole Grain Symbol</p>	<p><i>Look for our February Food Focus, Low-Fat Yogurt.</i>  <i>Low – fat yogurt is a good source of protein and an excellent source of calcium you need for strong bones and healthy teeth.</i></p>		<p><b>1</b>  Scrambled Eggs with Bacon and ½ Bagel </p>	<p><b>2</b>  Breakfast Pizza   (Topped with Sausage, Egg &amp; Cheese)</p>	<p><b>3</b>  Flatbread Fold (Eggs, Ham &amp; Cheese)</p>	
	Available Daily: Sausage & Cheese on an English Muffin or Cereal					
		<p><b>6</b>  French Toast Sticks   Turkey Sausage Links  Warm Fruit Topping</p>	<p><b>7</b>  Waffle Breakfast Sandwich (Ham &amp; Cheese)  Pancake Syrup</p>	<p><b>8</b>  Vegetable Frittata (Eggs, Broccoli Peppers &amp; Cheese)  ½ Bagel</p>	<p><b>9</b>  Denver Bagel   Topper (Eggs, Ham, Peppers, Onion &amp; Cheddar)</p>	<p><b>10</b>  Southwestern Flatbread Fold (Eggs, Pepper Jack cheese &amp; Salsa)</p>
	Available Daily: Sausage & Cheese on an English Muffin or Cereal					
		<p><b>13</b>  Buttermilk Pancakes  Sausage Patty Syrup</p>	<p><b>14</b>  Bagel   Sandwich (Egg &amp; Cheese)</p>	<p><b>15</b>  Ham Scrambler (Egg, Cheese, Diced Ham &amp; Onion)  ½ English Muffin</p>	<p><b>16</b>  Warm Homemade Muffin top  Yogurt Cup</p>	<p><b>17</b>  Cinnamon Apple Flatbread Fold  With Yogurt Dip</p>
	Available Daily: Sausage & Cheese on an English Muffin or Cereal					
	<p><b>Winter Break, Have Fun!</b></p> 					
		<p><b>27</b>  Waffles  Baked Ham Slice  Syrup</p>	<p><b>28</b>  Breakfast Biscuit Sandwich (Egg, Cheese &amp; Bacon)</p>	<p><b>29</b>  Scrambled Eggs with Bacon and ½ Bagel</p>	<p><b>1</b>  Breakfast Pizza   (Topped with Sausage, Egg &amp; Cheese)</p>	<p><b>2</b>  Flatbread Fold (Eggs, Ham &amp; Cheese)</p>
	Available Daily: Sausage & Cheese on an English Muffin or Cereal					

*All meals are served with a choice of milk (2% low fat, skim, or low fat chocolate) and fruit (fresh or chilled.)*

**Breakfast Served Daily 6:55 – 7:25am**  
**Student Breakfast Price \$1.50 – Reduced \$.30 - Adult Breakfast \$2.50**

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.