

# Somerville High School and Next Wave/Full Circle BREAKFAST MENU

2019-2020

*"This institution is an equal opportunity employer."*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## FEATURED BREAKFAST ITEMS

**French Toast  
Sticks**

**Scrambled Eggs  
with Bacon**  
  
**Scrambled Eggs  
with Veggies**  
  
**Scrambled Eggs  
with Cheese Fresh  
Baked Biscuit**

**Yogurt Parfaits**

**Sausage, Egg and  
Cheese on a  
Bagel**  
  
**Ham, Egg and  
Cheese on a  
Bagel**  
  
**Egg and Cheese**

**Wheat Waffles**

## CHOICES AVAILABLE EVERYDAY

Wheat Bagel with  
Cream Cheese  
  
Assorted Cereals  
& Graham  
Crackers  
  
Hot Oatmeal  
  
Breakfast Breads:  
Pumpkin, Zucchini,  
Blueberry and  
Banana

Wheat Bagel with  
Cream Cheese  
  
Assorted Cereals  
& Graham  
Crackers  
  
Hot Oatmeal  
  
Breakfast Breads:  
Pumpkin, Zucchini,  
Blueberry and  
Banana

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## FUEL UP with BREAKFAST!

Eat your entire breakfast!

While a piece of fruit is rich in fiber, vitamins and minerals, it's not enough for breakfast. Many people have found that a grab-and-go breakfast, like an apple on the drive to school simply doesn't cut it. Sit down in the cafeteria and mindfully consume about 300 to 400 calories and you will feel more satisfied. By the time lunch approaches, those extra calories are no longer relevant and have likely kept you from a day of overeating.



**A fluid 8oz 1% milk and  
assorted fresh fruit is  
available daily.**

**All cereals are low sugar**

**All items are whole grain.**