



# AUGUST 2023

## Brownsville Area Middle & High School

### Fuel up at Breakfast!

- Choose at least 3 items (4 for maximum fuel)
- Take ½ cup fruit and /or 100% Fruit Juice (or both)

Monday

Tuesday

Wednesday

Thursday

Friday

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**Pick 1 Entree:** Blueberry Snack N Waffle, Cinnamon Pop Tarts, Goody Ring, Chocolate Muffin, Banana Bread, or Lucky Charms Cereal Bar  
**Pick 2 Fruits:** Watermelon Craisins, 100% Fruit Juice  
**Pick 1 Milk**

**Pick 1 Entree:** Pancake Sausage Flapstick, Cinnamon Pop Tarts, Goody Ring, Chocolate Muffin, Banana Bread, or Lucky Charms Cereal Bar  
**Pick 2 Fruits:** Watermelon Craisins, 100% Fruit Juice  
**Pick 1 Milk**

**Pick 1 Entree:** Raspberry Cream Bar, Cinnamon Pop Tarts, Goody Ring, Chocolate Muffin, Banana Bread, or Lucky Charms Cereal Bar  
**Pick 2 Fruits:** Watermelon Craisins, 100% Fruit Juice  
**Pick 1 Milk**

**Pick 1 Entree:** Funnel Cake, Cinnamon Pop Tarts, Goody Ring, Chocolate Muffin, Banana Bread, or Lucky Charms Cereal Bar  
**Pick 2 Fruits:** Watermelon Craisins, 100% Fruit Juice  
**Pick 1 Milk**



BASD participates in the **School Breakfast Program (SBP)**. All students receive 1 complimentary breakfast meal each school day. Per USDA SBP regulations, a complete breakfast offering includes: (2) one oz. equivalents of grain, 80% of which is "whole grain rich" **OR** (1) one oz. equivalent serving grains and (1) one oz. meat/meat alternate; and (2) ½ cup portions of fruit (fresh, canned, dried or 100% juice) or vegetable; and (1) ½ pint of 1% or FF milk (FF Chocolate or 1% White). Daily juice choice includes: apple, orange tangerine, very berry or fruit punch. \*If all components of a complete breakfast are not selected, ala cart prices are in effect, as required by USDA. **BASD is an equal opportunity employer and provider.**