

# Penn High School Menus

Fall 2025

Breakfast Menu

Vegetarian

Week 1

| Monday                            | Tuesday                           | Wednesday                         | Thursday                          | Friday                            |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| Cin. Bagel w/ Cream Cheese        | Strawberry Stuffed Bagel          | Cheesy Scrambled Eggs w/ Toast    | Sausage Gravy w/ Biscuit          | Egg & Sausage Breakfast Bagel     |
| Mini Maple Waffles                | Mini Maple Pancakes               | French Toast Sticks               | Banana Bread                      | Mini Maple Pancakes               |
| Bagel Denver Omelet               | Whole Grain Donut                 | Ultimate Breakfast Round          | Blueberry Sheet Pancake           | Strawberry Stuffed Bagel          |
| Egg Cheese Ham Muffin             | Hot Honey Sausage Breakfast Pizza | Mini Cinnamon Bagels              | Mini Caramel Roll                 | Fresh Baked Cinnamon Roll         |
| Waffle Snaps                      | Crunchy Egg Taco                  | Ham & Cheese Croissant            | Chicken Breakfast Biscuit         | Cheesy Egg Sausage Breakfast Bake |
| Overnight Berry Oatmeal           | Overnight Berry Oatmeal           | Overnight Berry Oatmeal           | Overnight Berry Oatmeal           | Overnight Berry Oatmeal           |
| Yogurt Parfaits                   | Yogurt Parfaits                   | Yogurt Parfaits                   | Yogurt Parfaits                   | Yogurt Parfaits                   |
| Assorted Cereal Bags              | Assorted Cereal Bags              | Assorted Cereal Bags              | Assorted Cereal Bags              | Assorted Cereal Bags              |
| Assorted Breakfast Bars           | Assorted Breakfast Bars           | Assorted Breakfast Bars           | Assorted Breakfast Bars           | Assorted Breakfast Bars           |
| Variety of Poptarts & Cereal bars | Variety of Poptarts & Cereal bars | Variety of Poptarts & Cereal bars | Variety of Poptarts & Cereal bars | Variety of Poptarts & Cereal bars |
| Fresh Cut and Whole Fresh Fruit   | Fresh Cut and Whole Fresh Fruit   | Fresh Cut and Whole Fresh Fruit   | Fresh Cut and Whole Fresh Fruit   | Fresh Cut and Whole Fresh Fruit   |
| Variety of Juices                 | Variety of Juices                 | Variety of Juices                 | Variety of Juices                 | Variety of Juices                 |
| Variety of Milk                   | Variety of Milk                   | Variety of Milk                   | Variety of Milk                   | Variety of Milk                   |

Week 2

| Monday                            | Tuesday                           | Wednesday                         | Thursday                          | Friday                            |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
|                                   | Strawberry Stuffed Bagels         | French Toast Sticks               | Banana & Banana Bread             | Egg Sausage Bagel                 |
| Bacon Egg Cheese Wrap             | Cheesy Eggs w/ Toast              | Spicy Egg Tator Tots              | Western Egg Sandwich              | Strawberry Stuffed Bagel          |
| Cream Cheese Stuffed Bagel        | Mini Maple Pancakes               | Ham & Cheese Croissant            | Strawberry Sheet Pancake          | Freshly Baked Cinnamon Roll       |
| Sausage Cheese Biscuit            | Chicken Breakfast Biscuit         | Ultimate Breakfast Round          | Mini Caramel Roll                 | Cheesy Broccoli Egg Muffin        |
| Mini Maple Waffles                | Whole Grain Donut                 | Bagel w/ Cream Cheese             | Pancake on a Stick                | Mini Maple Pancakes               |
| Overnight Berry Oatmeal           | Overnight Berry Oatmeal           | Overnight Berry Oatmeal           | Overnight Berry Oatmeal           | Overnight Berry Oatmeal           |
| Yogurt Parfaits                   | Yogurt Parfaits                   | Yogurt Parfaits                   | Yogurt Parfaits                   | Yogurt Parfaits                   |
| Assorted Cereal Bags              | Assorted Cereal Bags              | Assorted Cereal Bags              | Assorted Cereal Bags              | Assorted Cereal Bags              |
| Assorted Breakfast Bars           | Assorted Breakfast Bars           | Assorted Breakfast Bars           | Assorted Breakfast Bars           | Assorted Breakfast Bars           |
| Variety of Poptarts & Cereal bars | Variety of Poptarts & Cereal bars | Variety of Poptarts & Cereal bars | Variety of Poptarts & Cereal bars | Variety of Poptarts & Cereal bars |
| Fresh Cut and Whole Fresh Fruit   | Fresh Cut and Whole Fresh Fruit   | Fresh Cut and Whole Fresh Fruit   | Fresh Cut and Whole Fresh Fruit   | Fresh Cut and Whole Fresh Fruit   |
| Variety of Juices                 | Variety of Juices                 | Variety of Juices                 | Variety of Juices                 | Variety of Juices                 |
| Variety of Milk                   | Variety of Milk                   | Variety of Milk                   | Variety of Milk                   | Variety of Milk                   |