

Breakfast is free for all Pasadena USD students
\$3.25 for Adults and 2nd meals

PUSD Middle & High School Breakfast ***August – December 2022***

PUSD Menus are nut free.

*Non-Meat Item

Menu is subject to change without notice

Week 1	Everyday 5 Selections	Day of the week Fruit
Aug 11 – 12 Aug 29 – Sep 2 Sep 19 – 22 Oct 10 – 14 Oct 31 – Nov 4 Nov 28 – Dec 2 Dec 19 - 22	*Breakfast Bun Turkey Sausage Egg Bake Bites *Bagel & Cream Cheese Chicken Nuggets & Tater Tots *Breakfast Concha	Mon – Fruit Cocktail Tue – Raisins Wed – Pineapple Tidbits Thu – Dried Cranberries Fri – Apple Slices
Week 2	Everyday 5 Selections	Day of the week Fruit
Aug 15 – 19 Sep 6 – 9 Sep 26 – 30 Oct 17 – 21 Nov 7 – 10 Dec 5 – 9	*Double Chocolate Muffin Turkey Sausage Pancake Wrap *Cinnamon Crumb Cake Turkey Sausage & Cheese English Muffin *French Toast Sticks	Mon – Fruit Cocktail Tue – Raisins Wed – Diced Peaches Thu – Dried Cranberries Fri – Apple Slices
Week 3	Everyday 5 Selections	Day of the week Fruit
Aug 22 – 26 Sep 12 – 16 Oct 3 – 7 Oct 24 – 28 Nov 14 – 18 Dec 12 - 16	*Benefit Breakfast Bar Turkey Sausage Breakfast Pizza *Strawberry Scone Turkey Bacon & Cheese Croissant *Mini Breakfast Bites	Mon – Fruit Cocktail Tue – Raisins Wed – Diced Pears Thu – Dried Cranberries Fri – Apple Slices

100% fruit juice is offered daily.

Whole grain cereal is offered daily during breakfast.

Each student must select a fruit as part of a complete breakfast.

Fat free and 1% white milk is offered daily to complete a nutritious breakfast meal.

Visit www.pusd.us for:

Monthly menus, nutrition, allergen, and carbohydrate information.

For additional information or inquiries, please contact PUSD Food and Nutrition Services 740 W. Woodbury Rd, Pasadena, CA 91103 (626) 396-5852

This institution is an equal opportunity provider.