

BELMONT-HARRISON CAREER CENTERS



MEAL PRICING:

Breakfast all students free

Breakfast Full Price Adult	\$3.00
Student's second breakfast	\$2.00
Milk Only	\$.50

BREAKFAST Menu

August-December 2026

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	FRENCH TOAST FRUIT, YOGURT MILK, JUICE	PANCAKE WRAPS FRUIT, YOGURT MILK, JUICE	PARFAITS FRUIT, YOGURT JUICE, MILK	FRUDELS FRUIT, YOGURT MILK JUICE	DONUT HOLES FRUIT, YOGURT MILK, JUICE
2	Strawberry or CINNAMON BAGELS FRUIT, YOGURT MILK, JUICE	Breakfast BURRITO FRUIT, YOGURT MILK, JUICE	BREAKFAST SANDWICH FRUIT, YOGURT MILK, JUICE	ASSORTED FLAVORED WAFFLES FRUIT YOGURT, MILK, JUICE	CINNAMON ROLLS FRUIT, YOGURT MILK, JUICE
3	ASSORTED MUFFINS FRUIT YOGURT MILK, JUICE	BANANA, CHOCOLATE BLUEBERRY BREAD FRUIT, YOGURT	PARFAITS FRUIT, YOGURT JUICE, MILK	ASSORTED PANCAKES YOGURT FRUIT	ICED DONUTS FRUIT, YOGURT MILK
4	PANCAKES WRAPS FRUIT YOGURT MILK, JUICE	BREAKFAST BURRITO FRUIT YOGURT MILK, JUICE	BREAKFAST SANDWICH FRUIT, YOGURT MILK, JUICE	ASSORTED FLAVORED WAFFLES FRUIT YOGURT, MILK, JUICE	CINNAMON ROLLS FRUIT YOGURT MILK, JUICE

OTHER DAILY SELECTIONS:

ENTREES

Assorted Cereals

Pop tarts

Yogurt

Fruit

DRINKS

Milk

Juice

This institution is an equal opportunity provider, employer, and lender.

NUTRITION BITES

- Breakfast makes a difference for nutrition! Breakfast contributes 29% of daily calcium, 24% of daily fiber, 25% of daily potassium and 45% of daily vitamin D.
- Breakfast eaters are more likely to meet nutrient recommendations.
- Choosing ready-to-eat cereal at breakfast can help increase nutrient intakes – cereal eaters have higher intakes of calcium, vitamin D, potassium, fiber, whole grains, and dairy.

August 2026						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2026						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2026						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2026						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Week 1 Meal Plan
 Week 2 Meal Plan
 Week 3 Meal Plan
 Week 4 Meal Plan