Start your day off right with breakfast at the Breakfast Café! Breakfast improves concentration, increases energy, improves academic performance and helps maintain weight. This café features a variety of great menu items for you at a great price.

Available Daily: Assorted whole grain cereals, oatmeal, bagels & cream cheese, assorted hot breakfast sandwiches (on bagels or muffins). Fruit & milk or juice are included with breakfast.

Breakfast Prices:
- Student: $1.75
- Reduced: $0.00
- Adult: $2.25
- Milk: $0.65

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- Adult: $2.25
- Milk: $0.65

Welcome to Cross Roads Café located in your High School's Cafeteria. A $3.00 meal includes: one entrée, at least 1/2 cup of fruit and/or vegetable & low-fat or non-fat milk. Side choices include a wide variety of fruits and vegetables to provide a nutritionally balanced meal.

Pay online accounts for food purchases can be set up at www.mymealtime.com

If you have comments or questions, please call Nutrition Services at 833-5768.

SNACKS

- Fresh Fruit
- Fresh Baked Cookies
- Baked Chips
- 4 oz Juice
- 8 oz Milk—Choc & White

Note: These do not come with a meal. They are priced separately.

Eat a variety of foods. Follow MyPlate to guide your food choices. Different food groups provide different nutrients so it is important not to eliminate a food group completely!

FRESH PICK OF THE MONTH:
SQUASH: Squash is a versatile and delicious vegetable that can be used in many ways. The different types of squash are convenient to prepare and can be used interchangeably in recipes since they all have a similar taste and texture. These fleshy vegetables have two main types of groups - summer squash and winter squash. Winter squash includes such types as: butternut, Hubbard, buttercup, ambercup, acorn, spaghetti squash and pumpkin squash. Summer squash includes such types as: Cousa, pattypan, yellow crookneck, yellow summer squash and zucchini. Of all the varieties, zucchini is the most popular.

Our menus meet the new USDA regulations for school meal patterns.
Welcome to Cross Roads Café located in your High School’s Cafeteria. Each format offers a wide variety of choices. A $3.00 meal includes: one entrée, one or more sides and low-fat milk. Side choices include a wide variety of fruits and vegetables to provide a nutritionally balanced meal. Limited time offers and specials will be available throughout the year!

**Welcome to the 2014-15 School Year!**

*We look forward to serving you! All of our food is cooked on-site to ensure freshness. A variety of fresh fruits, vegetables and legumes are available each day. Balance your plate w/ at least 3 different types of food!*