

Regional District 13

Coginchaug Regional High School



*Fuel Up your day with
School breakfast!!*

Daily Breakfast Meal choices:

WG-French Toast Sticks, fruit juice, assorted seasonal fruit & choice of milk.

Bagel & cream cheese, 4 oz. apple juice, assorted seasonal fruit & choice of milk

Egg & Cheese Bagel, assorted seasonal fruit & choice of milk

Assorted Muffin, assorted seasonal fruits & choice of milk

Jump Start Breakfast Break: Choice of WG Cereal, String Cheese, Fruit Juice box, Teddy Graham crackers, assorted seasonal fruit and choice of milk



We serve whole grain, low fat milk & cheese, reduced sugar cereals and a variety of fruit & 100% fruit juice with NO added sugar. We meet USDA diet regulations.

