



# Middle School Breakfast

## January 7-11, 2019

### Week 1



#### Monday

**French Toast Sticks**  
**Sausage, Egg and Cheese Biscuit\***  
**Pop Tart® and Cheese Stick**  
**Cereal or Cereal Bar w/ Cheese Stick**

#### Tuesday

**Fruit Frudel**  
**Egg and Cheese English Muffin**  
**Cereal or Cereal Bar and Grahams**  
**Mini Donuts**

#### Wednesday

**Pancake on a Stick**  
**Double Berry Parfait**  
**Mini Bagels**  
**Cereal or Cereal Bar w/ Cheese Stick**

#### Thursday

**French Toast Benefit Bar®**  
**Bacon\* Egg and Cheese Croissant**  
**Mini Donuts**  
**Cereal or Cereal Bar w/ Animal Crackers**

#### Friday

**Mini Cinni's**  
**Ham, Egg and Cheese English Muffin\***  
**Double Chocolate Muffin & Cheese Stick**  
**Cereal or Cereal Bar & Cheese Stick**

#### Variety of Fruits Offered Daily



#### BEVERAGES

**Non- Fat Chocolate**  
**1% White Milk**  
**Skim White Milk**

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