



Middle School Breakfast

October 1-5, 2018

Week 1



Monday

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

Tuesday

Ham, Egg and Cheese Flatbread*
Egg and Cheese English Muffin
Cereal or Cereal Bar w/ Grahams
Mini Donuts

Wednesday

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

Thursday

Fruit Frudel
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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