



Middle School Breakfast

October 22-26, 2018

Week 4



Monday

Ham, Egg and Cheese Biscuit
French Toast Sticks
Muffin & Yogurt
Cereal or Cereal Bar and Cheese Stick/Toast

Tuesday

Mini Waffles
Eggs, Bacon and Toast*
Cereal or Cereal Bar & Animal Crackers
Mini Donuts

Wednesday

Sausage, Egg & Cheese Croissant*
French Toast Benefit Bar®
Blueberry Parfait
Cereal /Cereal Bar & Cheese Stick/Toast

Thursday

Biscuits and Gravy*
Egg and Cheese Bagel
Mini Donuts
Cereal or Cereal Bar & Grahams

Friday

Mini Cinni's
Sausage, Egg and Cheese Flatbread*
Fruit Frudel
Cereal or Cereal Bar & Cheese Stick/Toast

Variety of Fruits Offered Daily



BEVERAGES

Non- Fat Chocolate
1% White Milk
Skim White Milk

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