



January 2016

Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4 Sausage Breakfast Pizza Fresh Orange	5 Mini Cream Cheese Bagels Fresh Banana	6 Sausage & Cheese Biscuit Sandwich Fresh Orange	7 Muffin Square Fresh Apple	8 French Toast Sticks OR Assorted Benefit Bars Assorted Fresh Fruit	Special News... <u>Available Daily</u> -- 100% Juice -- Fat Free Flavored or Plain Milk -- 1% Milk -- Grape Jelly -- Margarine Daily Grab & Go Options <u>(Pick Up To Two)</u> Assorted Cereal WG Pop Tart Cinnamon Toast Bagel w/ Cream Cheese Animal Crackers Elf Grahams Scooby Snacks Strawberry NutriGrain Peanut Butter Hardboiled Egg String Cheese Strawberry Banana Yogurt
11 Blueberry Bash Mini Waffle Fresh Orange	12 Turkey Sausage Pancake Wrap Fresh Banana	13 Egg & Cheese Bagel Sandwich Fresh Orange	14 Cherry Frudel Fresh Apple	15 Maple Mini Pancakes OR Assorted Benefit Bars Assorted Fresh Fruit	
18 NO SCHOOL MLK Day	19 Mini Cinnamon Roll Fresh Orange	20 Egg & Cheese Bagel Sandwich Fresh Banana	21 Ham & Cheese Biscuit Sandwich Fresh Apple	22 Muffin Square OR Assorted Benefit Bars Assorted Fresh Fruit	
25 Sausage Breakfast Pizza Fresh Orange	26 Muffin Square Fresh Banana	27 Bacon & Cheese Biscuit Sandwich Fresh Orange	28 Mini Cream Cheese Bagels Fresh Apple	29 Cherry Frudel OR Assorted Benefit Bars Assorted Fresh Fruit	

All grains offered are rich in whole wheat flour which increases the amount of vitamins, minerals, fiber and protein it contains.

Menus are subject to change without notice.

This institution is an equal opportunity provider.

Schools Following this Menu:

Parkview, River Valley and Charlestown Middle



To qualify as a full meal, a student must take a fruit with breakfast.