



# July/August 2016

## Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
			<b>28</b> Egg & Cheese Bagel Sandwich Fresh Apple	<b>29</b> Blueberry or Double Chocolate Chip Muffin OR Oatmeal Chocolate Chip Breakfast Bar Fresh Fruit	<b>Special News...</b> <u>Available Daily</u> -- 100% Juice -- Fat Free Flavored or Plain Milk -- 1% Milk -- Grape Jelly -- Margarine	
<b>1</b> Sausage Breakfast Pizza Fresh Orange	<b>2</b> Mini Cream Cheese Bagels Fresh Banana	<b>3</b> Sausage Biscuit Sandwich Fresh Orange	<b>4</b> Blueberry or Double Chocolate Chip Muffin Fresh Apple	<b>5</b> Cherry Frudel OR Banana Chocolate Chip Breakfast Bar  Fresh Fruit		<b>Daily Grab &amp; Go Options (Pick Up To Two)</b> Assorted Cereals WG Pop Tarts Cinnamon Toast Half Bagel + Cr. Chs Animal Crackers Elf Grahams Scooby Snacks NutriGrain Bars Oatmeal Bar Peanut Butter Hardboiled Egg String Cheese Strawberry Banana Yogurt
<b>8</b> Maple Pancakes Fresh Orange	<b>9</b> Turkey Sausage Pancake Wrap Fresh Banana	<b>10</b> Sausage Bagel Sandwich Fresh Orange	<b>11</b> Glazed Mini Cinnamon Rolls Fresh Apple	<b>12</b> Blueberry or Double Chocolate Chip Muffin OR Oatmeal Chocolate Chip Breakfast Bar Fresh Fruit		
<b>15</b> Mini Cream Cheese Bagels Fresh Orange	<b>16</b> Sausage Breakfast Pizza Fresh Banana	<b>17</b> Sausage Biscuit Sandwich Fresh Orange	<b>18</b> Cherry Frudel Fresh Apple	<b>19</b> French Toast Sticks OR Banana Chocolate Chip Breakfast Bar Fresh Fruit		
<b>22</b> Blueberry Bash Mini Waffle Fresh Orange	<b>23</b> Turkey Sausage Pancake Wrap Fresh Banana	<b>24</b> Egg Bagel Sandwich Fresh Orange	<b>25</b> Blueberry or Double Chocolate Chip Muffin Fresh Apple	<b>26</b> Maple Mini Pancakes OR Oatmeal Chocolate Chip Breakfast Bar 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.