



September 2016

Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
29 French Toast Sticks Fresh Orange	30 Glazed Mini Cinnamon Roll Fresh Banana	31 Egg & Cheese Bagel Sandwich Fresh Orange	1 Ham & Cheese Biscuit Sandwich Fresh Apple	2 Blueberry or Double Chocolate Chip Muffin OR Oatmeal Chocolate Chip Breakfast Bar 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 (Pick Up To Two) 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 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.
5 NO SCHOOL Labor Day	6 Mini Cream Cheese Bagels Fresh Banana	7 Sausage Biscuit Sandwich Fresh Orange	8 Whole Grain Powdered Sugar Donut Fresh Apple	9 Cherry Frudel OR Banana Chocolate Chip Breakfast Bar Fresh Fruit	
12 Maple Pancakes Fresh Orange	13 Turkey Sausage Pancake Wrap Fresh Banana	14 Sausage Bagel Sandwich Fresh Orange	15 Glazed Mini Cinnamon Rolls Fresh Apple	16 Blueberry or Double Chocolate Chip Muffin OR Oatmeal Chocolate Chip Breakfast Bar Fresh Fruit	
19 Whole Grain Glazed Donut Fresh Orange	20 Sausage Breakfast Pizza Fresh Banana	21 NO SCHOOL	22 Cherry Frudel Fresh Apple	23 French Toast Sticks OR Banana Chocolate Chip Breakfast Bar Fresh Fruit	
26 Blueberry Bash Mini Waffle Fresh Orange	27 Turkey Sausage Pancake Wrap Fresh Banana	28 Egg Bagel Sandwich Fresh Orange	29 Blueberry or Double Chocolate Chip Muffin Fresh Apple	30 Maple Mini Pancakes OR Oatmeal Chocolate Chip Breakfast Bar Fresh Fruit	

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.