

MIDDLE SCHOOL BREAKFAST MENU

AVAILABLE DAILY FROM 7:30 AM UNTIL THE BELL RINGS

BUILD A COMPLETE MEAL

A MEAL CONSISTS OF 5 ITEMS

STUDENTS MUST SELECT AT LEAST 3 OF THE 5 ITEMS FROM THE DIFFERENT FOOD GROUPS

A COMPLETE MEAL MUST INCLUDE A FRUIT OR JUICE

FRUIT / JUICE MAY SELECT 1 OR 2 ITEM(S)

MILK MAY SELECT 1 ITEM

ASSORTED FRUIT = 1 ITEM

SKIM, SKIM CHOCOLATE, 1% = 1 ITEM

ASSORTED JUICE = 1 ITEM

GRAIN / BREAKFAST ENTREES: MAY SELECT 2 DIFFERENT 1 ITEM OPTIONS OR

1 OF THE 2 ITEM OPTIONS

MONDAY CHOICE OF ASSORTED CEREALS = 1 ITEM

AND ONE OF THE FOLLOWING

CHOCOLATE CHIP MUFFIN = 1 ITEM

ASSORTED CEREAL BARS = 1 ITEM

TUESDAY BREAKFAST PIZZA = 2 ITEMS OR

CHOICE OF CEREAL = 1 ITEM

ASSORTED CEREAL BARS = 1 ITEM

WEDNESDAY OATMEAL BREAKFAST BAR = 2 ITEMS OR

CHOICE OF CEREAL = 1 ITEM

BLUEBERRY MUFFIN = 1 ITEM

THURSDAY CINNAMON CREAM CHEESE MINI BAGEL = 2 ITEMS OR

CHOICE OF CEREAL = 1 ITEM

ASSORTED CEREAL BARS = 1 ITEM

FRIDAY BREAKFAST PIZZA = 2 ITEMS OR

CHOICE OF CEREAL = 1 ITEM

CEREAL BAR = 1 ITEM

MUFFIN = 1 ITEM

MENU SUBJECT TO CHANGE WITH OUT NOTICE

MENU MAY CONTAIN NUTS, TREE NUTS, OR PEANUT PRODUCTS OR PRODUCTS THAT ARE PACKAGED IN A PLANT THAT ALSO MANUFACTURES THESE PRODUCTS

“This institution is an equal opportunity provider.”

DRINKING WATER AVAILABLE IN THE HALLWAY ASK IF YOU NEED A CUP