



December

2018

Middle School Breakfast

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Egg, Bacon & Cheese Flatbread, Bagel & Cream Cheese Side Items: Apple, Sliced Strawberries, Grape Juice, Assorted Milk	4	Cheesy Egg Breakfast Bagel French Toast Sticks w/ Syrup Side Items: Orange, Mixed Fruit, Assorted Milk	5	Cheesy Egg Biscuit, Apple Bosco Stick Side Items: Banana, Applesauce, Orange Juice, Assorted Milk	6	Chicken & Waffles, Glazed Donuts Side Items: Apple, Diced Pears, Assorted Milk	7	Ham, Egg & Cheese Salsa Roll, Mini Maple Waffles Side Items: Diced Peaches, Orange, Apple Juice, Assorted Milk
10	Country Chicken Biscuit, Choc Chip Breakfast Round Side Items: Apple, Strawberries, Grape Juice, Assorted Milk	11	Cheesy Ham & Egg Pancake Panini, Cinnamon Roll Side Items: Mixed Fruit, Orange, Assorted Milk	12	Cheesy Egg & Sausage Breakfast Burrito, French Toast Sticks Side Items: Banana, Applesauce, Orange Juice, Assorted Milk	13	Cheesy Egg Breakfast Burger, Donut Holes Side Items: Apple, Raisins, Assorted Milk	14	Ham, Egg & Cheese Biscuit, Choc Muffin & Yogurt Side Items: Orange, Diced Peaches, Apple Juice, Assorted Milk
17	Egg Cheese and Sausage Melt French Toast Sticks Side Items: Apple, Strawberries, Grape Juice Assorted Milk,	18	Turkey Pancake Wrap Choc Muffin & Yogurt, Side Items: Mixed Fruit, Orange, Assorted Milk	19	Egg Ham Cheese Flatbread, Oatmeal Choc Chip Benefit Bar, Side Items: Banana, Applesauce, Orange Juice, Assorted Milk	20	Cheesy Egg Biscuit, Glazed Donut Holes Side Items: Apple, Raisins, Assorted Milk	21	Ham Egg Cheese Biscuit, Cherry Frudel Side Items: Orange, Diced Peaches, Apple Juice, Assorted Milk
24	Winter Break No School ☺	25	Winter Break No School ☺	26	Winter Break No School ☺	27	Winter Break No School ☺	28	Winter Break No School ☺
1	Winter Break No School ☺	2	Winter Break No School ☺	3	Apple Cinnamon Muffin & String Cheese, Breakfast Pizza, Side Items: Raisins, Applesauce, Orange Juice, Assorted Milk	4	Cheesy Ham & Egg Pancake Panini, Glazed Donut, Side Items: Apple, Raisins, Assorted Milk	5	Bacon, Egg & Cheese Donut Melt, French Toast Sticks Side Items: Orange, Diced Peaches, Apple Juice, Assorted Milk

Special News...

Don't Miss out on Breakfast

BREAKFAST PROVIDES:

- Energy that will carry them throughout the day
- Students increase concentration and retain and recall information
- Students with essential nutrients during the day, which can often not be accomplished in those who skip breakfast

Menus are subject to change without notice.

GRAB N' GO

Look for quick grab and go items at your school. Every day we provide a variety of your favorite cereals and quick grab bags to fit your busy schedule!

