

**Middle School (6-8)  
Breakfast Menu  
January 2019**

**EVERYDAY CHOICES**

Choice of Milk:

Milk is defined as : Fat Free White, Fat Free Chocolate, Fat Free Strawberry and 1% White

<p><b>Assorted Cereal choices may include some/all of the following:</b> Golden Grams Cheerios Froot Loops Cocoa Puffs Trix Cinnamon Toast Crunch Frosted Flakes</p>	<p>1  NO SCHOOL</p>	<p>2  NO SCHOOL</p>	<p>3 Assorted Cereal or Assorted Muffins and Graham Crackers -Bacon, Egg, &amp; Cheese on a Bagel -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>4 Assorted Cereal or Assorted Muffins and Graham Crackers -Chocolate Filled Crescent -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>
<p>7 Assorted Cereal or Assorted Muffins and Graham Crackers -Mini Maple Waffles &amp; Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>8 Assorted Cereal or Assorted Muffins and Graham Crackers -Bacon, Egg, &amp; Cheese on English Muffin -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>9 Assorted Cereal or Assorted Muffins and Graham Crackers -Breakfast Pizza -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>10 Assorted Cereal or Assorted Muffins and Graham Crackers -Egg &amp; Cheese on a Bagel -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>11 Assorted Cereal or Assorted Muffins and Graham Crackers -French Toast Sticks &amp; Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>
<p>14 Assorted Cereal or Assorted Muffins and Graham Crackers -Ham, Egg, &amp; Cheese on Bun -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>15 Assorted Cereal or Assorted Muffins and Graham Crackers -Eggo Mini Blueberry Pancakes w/ Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>16 Assorted Cereal or Assorted Muffins and Graham Crackers -Sausage, Egg, &amp; Cheese on Biscuit -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>17 Assorted Cereal or Assorted Muffins and Graham Crackers -Warm Apple Frudel -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>18 Assorted Cereal or Assorted Muffins and Graham Crackers -Bacon, Egg, &amp; Cheese Wrap -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>
<p>21  NO SCHOOL</p>	<p>22 Assorted Cereal or Assorted Muffins and Graham Crackers -Egg &amp; Cheese on English Muffin -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>23 Assorted Cereal or Assorted Muffins and Graham Crackers -Breakfast Pizza -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>24 Assorted Cereal or Assorted Muffins and Graham Crackers -Ham, Egg, &amp; Cheese on Bagel -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>25 Assorted Cereal or Assorted Muffins and Graham Crackers -Cinnamon Rush Mini French Toast with Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>
<p>28 Assorted Cereal or Assorted Muffins and Graham Crackers -Bacon, Egg, &amp; Cheese on Bun -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>29 Assorted Cereal or Assorted Muffins and Graham Crackers -Mini Maple Pancakes w/ Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>30 Assorted Cereal or Assorted Muffins and Graham Crackers -Egg &amp; Cheese Flatbread -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>31 Assorted Cereal or Assorted Muffins and Graham Crackers -Warm Mini Cinnamon Buns -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>Secondary Breakfast Prices: Full - \$1.85 Reduced - \$0.30</p>