

**East Hills Middle School  
Breakfast Menu  
February 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 Grahams Cheerios Froot Loops Cocoa Puffs Trix Cinnamon Toast Crunch Frosted Flakes</p>				<p>1 Assorted Cereal or Assorted Muffins and Graham Crackers -Ham, Egg, &amp; Cheese Wrap -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>
<p>4 Assorted Cereal or Assorted Muffins and Graham Crackers -Mini Cinnamon Waffles &amp; Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>5 Assorted Cereal or Assorted Muffins and Graham Crackers -Sausage, Egg, &amp; Cheese on English Muffin -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>6 Assorted Cereal or Assorted Muffins and Graham Crackers -Ham, Egg, &amp; Cheese on a Biscuit -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 -Bacon, Egg, &amp; Cheese on a Bagel -Bagel &amp; Cream Cheese -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>8 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>11 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>12 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>13 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>14 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>15  NO SCHOOL</p>
<p>18  NO SCHOOL</p>	<p>19 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>20 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>21 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>22 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>25 Assorted Cereal or Assorted Muffins and Graham Crackers -Mini Blueberry Waffles w/ Syrup -Fruit &amp; Yogurt Parfait -Assorted Canned &amp; Fresh Fruit -100% Juice Choice of Milk</p>	<p>26 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>27 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>28 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>Secondary Breakfast Prices: Full - \$1.85 Reduced - \$0.30</p>