



**Broughal Middle School
Breakfast in the Class Menu
January 2019**

EVERYDAY CHOICES

Choice of Milk:

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

	1 NO SCHOOL	2 NO SCHOOL	3 Apple Cinnamon Muffin Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk	4 Berry Rice Krispy Cereal Bar Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk
7 General Mills Cereal Bar Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk	8 Blueberry Muffin Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk	9 Froot Loops Cereal Pouch Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk	10 Pillsbury Apple Frudel Fresh or Cupped Fruit 100% Juice Choice of Milk	11 Strawberry Poptart Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk
14 Nutrigrain Bar Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk	15 Chocolate Muffin Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk	16 Crunchmania Grahams Fresh or Cupped Fruit 100% Juice Choice of Milk	17 Blueberry Muffin Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk	18 Lucky Charms Cereal Pouch Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk
21 NO SCHOOL	22 Pillsbury Mini Cinnamon Roll Fresh or Cupped Fruit 100% Juice Choice of Milk	23 Apple Cinnamon Rice Krispy Bar Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk	24 Apple Cinnamon Muffin Graham Crackers Fresh or Cupped Fruit 100% Juice Choice of Milk	25 Breakfast in Cafeteria starts today! Check out our Lickity Split Yogurt Bar Promo  
28 Breakfast in Cafeteria Check the web site for all of the options available	29 Breakfast in Cafeteria Check the web site for all of the options available	30 Breakfast in Cafeteria Check the web site for all of the options available	31 Breakfast in Cafeteria Check the web site for all of the options available	Secondary Breakfast Prices: Full - \$1.85 Reduced - \$0.30