





Healthy Schools

MIDDLE SCHOOL BREAKFAST MENU 2017-2018

Ontario-Montclair School District - Food & Nutrition Services






Daily Choices available:
Assorted Cereal w/String Cheese
Benefit Bar
Pop Tarts

WEEK 1





Monday	Tuesday	Wednesday	Thursday	Friday
Pan Dulce w/String Cheese English Muffin w/Eggstravaganza Mini Maple Pancakes	Homemade Roundup Bread Bean & Cheese Breakfast Burrito Yogurt Parfait	French Toast Sticks Turkey Ham & Cheese on Hawaiian Bun Yogurt Parfait	Turkey Breakfast Stick Sausage Breakfast Pizza* Oatmeal Cookie w/Smoothie	Turkey Ham, Egg & Cheese Sandwich Chocolate Chip Muffin Yogurt Parfait
 Assorted Fruit Bowl 100% Assorted Fruit Juice	 Assorted Fruit Bowl 100% Assorted Fruit Juice	 Assorted Fruit Bowl 100% Assorted Fruit Juice	 Assorted Fruit Bowl 100% Assorted Fruit Juice	 Assorted Fruit Bowl 100% Assorted Fruit Juice

Week 1 will be served the weeks of: 8/7, 8/21, 9/5, 9/18, 10/2, 10/17, 10/30, 11/13, 11/27, 12/11, 1/8, 1/22, 2/5, 2/20, 3/5, 3/19, 4/9, 4/23, 5/7, 5/21

WEEK 2

Mini Cream Cheese Bagels Sausage Breakfast Pizza* Banana Bread	PB & Strawberry Jamwich Bean & Cheese Breakfast Burrito Yogurt Parfait	French Toast Sticks Turkey Ham & Cheese on Hawaiian Bun Yogurt Parfait	Turkey Breakfast Stick Sausage Breakfast Pizza* Homemade A-Z Bread w/Smoothie	Turkey Ham, Egg & Cheese Sandwich Blueberry Muffin Yogurt Parfait
 Assorted Fruit Bowl 100% Assorted Fruit Juice	 Assorted Fruit Bowl 100% Assorted Fruit Juice	 Assorted Fruit Bowl 100% Assorted Fruit Juice	 Assorted Fruit Bowl 100% Assorted Fruit Juice	 Assorted Fruit Bowl 100% Assorted Fruit Juice

Week 2 will be served the weeks of: 8/14, 8/28, 9/11, 9/25, 10/9, 10/23, 11/6, 12/4, 12/18, 1/16, 1/29, 2/13, 2/26, 3/12, 4/2, 4/16, 5/14

<p>USDA REQUIRES STUDENTS TO TAKE 1/2 A CUP OF FRUIT AT BREAKFAST TO COUNT AS A COMPLETE MEAL</p>  <p>OR</p> 	<p><u>Daily Choice of milk</u></p> <p>1% White OR Non-Fat Chocolate OR Non-Fat Strawberry at all meals.</p> 	
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* Item contains pork

"Ontario-Montclair School District is an equal opportunity provider and employer"

Menu subject to change.