

Daily choices available:
 Assorted Cereal & String Cheese
 Assorted Benefit Bars
 Pop Tarts










Breakfast is free for all students!

MIDDLE SCHOOL BREAKFAST MENU 2018-2019

Ontario-Montclair School District - Food & Nutrition Services



WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Cream Cheese Bagels Mini Maple Pancakes Mini Muffin w/Eggstravaganza* 	Homemade Roundup Bread w/String Cheese PB & Strawberry Sandwich Peach Yogurt Parfait 	Turkey Ham & Cheese on Hawaiian Bun Greek Yogurt w/Granola Egg & Cheese Breakfast Taco 	Turkey Breakfast Stick Breakfast Oatmeal Cookie w/Smoothie Mini Cinni Rolls 	Turkey Ham, Egg & Cheese Sandwich Chocolate Chip Muffin Strawberry Yogurt Parfait 
 Assorted Fresh Fruit 100% Assorted Fruit Juice	 Assorted Fresh Fruit 100% Assorted Fruit Juice	 Assorted Fresh Fruit 100% Assorted Fruit Juice	 Assorted Fresh Fruit 100% Assorted Fruit Juice	 Assorted Fresh Fruit 100% Assorted Fruit Juice

Week 1 will be served the weeks of: 8/8, 8/20, 9/4, 9/17, 10/1, 10/15, 10/29, 11/13, 11/26, 12/10, 1/7, 1/22, 2/4, 2/19, 3/4, 3/18, 4/1, 4/15, 4/29, 5/13

WEEK 2

Turkey Ham & Cheese Croissant Sandwich Pan Dulce Bean & Cheese Breakfast Burrito	Homemade Banana Bread w/String Cheese PB & Strawberry Sandwich Peach Yogurt Parfait 	Turkey Ham & Cheese on Hawaiian Bun Greek Yogurt w/Granola French Toast Sticks 	Homemade A-Z Bread w/Smoothie Peanut Butter & Jelly Wafer Cinnamon Raisin Bagel w/Cream Cheese 	Turkey Ham, Egg & Cheese Sandwich Chocolate Chip Muffin Strawberry Yogurt Parfait 
 Assorted Fresh Fruit 100% Assorted Fruit Juice	 Assorted Fresh Fruit 100% Assorted Fruit Juice	 Assorted Fresh Fruit 100% Assorted Fruit Juice	 Assorted Fresh Fruit 100% Assorted Fruit Juice	 Assorted Fresh Fruit 100% Assorted Fruit Juice

Week 2 will be served the weeks of: 8/13, 8/27, 9/10, 9/24, 10/9, 10/22, 11/5, 12/3, 12/17, 1/14, 1/28, 2/11, 2/25, 3/11, 4/8, 4/22, 5/6, 5/20

<p>USDA REQUIRES STUDENTS TO TAKE 1/2 CUP OF FRUIT AT BREAKFAST TO COUNT AS A COMPLETE MEAL.</p>  <p>OR</p>	<p>Daily choice of milk: 1% White Non-Fat Chocolate Non-Fat Strawberry</p> 	<p>wake up! to School Breakfast</p>	
--	--	--	---

* Item may contain pork

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

All items are whole grain-rich.