

January 2018 Middle School BREAKFAST

Offered Daily

Milk : 1%-14
or Fat Free
Chocolate-20

Juice-14

Applesauce-14 &
Craisins-28

Yogurt-16 with
Graham Crackers-17

Biscuits: Chicken-29,
Sausage-22, Plain-22
with Gravy-10

Cereal Choices:
Frosted Flakes-24,
Golden Grahams-24,
Cheerios-20,
Cinnamon Toast
Crunch-22,
Cocoa Puffs-25,
Apple Jacks-24



This institution is an equal
opportunity provider.
Menu subject to change.

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
HOLIDAY 	CLOSED TEACHER WORKDAY	*Blueberry Bread- 44 *Flavored Poptarts-75 Fresh Apple- 19	*Fruit Filled Fruddle- 3 *Breakfast Pizza- 24 Fresh Banana-26	*Super Donut- 40 *Flavored Poptarts- 75 Fresh Apple- 19
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
*Cinni Minis- 40 *Breakfast Pizza-24 Strawberry Cup- 14	Steak Biscuit-31 *Flavored Poptarts- 75 Fresh Banana- 26	*Funnel Waffle- 35 *Breakfast Pizza-24 Fresh Apple- 19	Bacon, Egg ,Cheese Biscuit-22 *Flavored Poptarts-75 Fresh Banana- 26	*Mini Pancakes- 40 w/ Syrup-15 *Breakfast Pizza- 24 Fresh Apple-19
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
HOLIDAY 	*Mini French Toast- 37 w/ Syrup- 15 *Breakfast Pizza- 24 Fresh Banana-26	*Blueberry Bread- 44 *Flavored Poptarts-75 Fresh Apple- 19	*Fruit Filled Fruddle- 3 *Breakfast Pizza- 24 Fresh Banana-26	*Super Donut- 40 *Flavored Poptarts- 75 Fresh Apple- 19
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
*Cinni Minis- 40 *Breakfast Pizza-24 Strawberry Cup- 14	CLOSED TEACHER WORKDAY	*Funnel Waffle- 35 *Breakfast Pizza-24 Fresh Apple- 19	Bacon, Egg ,Cheese Biscuit-22 *Flavored Poptarts-75 Fresh Banana- 26	*Mini Pancakes- 40 w/ Syrup-15 *Breakfast Pizza- 24 Fresh Apple-19
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
*Mini Waffles- 36 w/ Syrup-15 *Flavored Poptarts- 75 Strawberry Cup -14	*Mini French Toast- 37 w/ Syrup- 15 *Breakfast Pizza- 24 Fresh Banana-26	*Blueberry Bread- 44 *Flavored Poptarts-75 Fresh Apple- 19		
			*Notes items that are whole grain or contain whole grain. Numbers listed to the right of each item are total carbohydrates in grams.	