



2018 Middle School Breakfast Menu

OFFER vs SERVE
Food Items for School Breakfast

Choose at least 3 including:

Grains	Meat or Meat Alternate (optional)	Milk
Fruits		Veggies (optional)

- ½ Cup of **Fruits or Vegetables**
- **At Least 2 Other Food Items**

For best nutrition, choose all

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				2 CEREAL & TOAST OFFERED DAILY	3 Mickey's Mighty Milk Choices Offered Daily	FRESH FRUIT, FRUIT JUICE OFFERED DAILY
	6 Breakfast Bun Or Breakfast Ring	7 Baked Ham Biscuit	8 Crispy Chicken Biscuit	9 Cheesy Grits w/ Toast	10 Warm Muffins	
	13 Pancake & Sausage on a Stick	14 Sunrise Sausage Biscuit	15 Fruity Yogurt & Oatmeal Crisps	16 Dazzling Dutch Waffle	17 Southern Steak Biscuit	
	20 Sunrise Sausage Biscuit	21 Tasty Waffles or Ultimate Pancakes	22 Crispy Chicken Biscuit	23 Ooey Gooley Cinnamon Rolls	24 Fruit & Yogurt Parfait	
	27 Breakfast Bun Or Breakfast Ring	28 Baked Ham Biscuit	29 Crispy Chicken Biscuit	30 Cheesy Grits w/ Toast	31 Warm Muffins	