

Sowers Middle School Breakfast Menu

FREE to ALL STUDENTS

ADULT PRICE . . . \$3.00

Menu subject to change when NECESSARY

Nutrition and Allergen Information can be found on :

BREAKFAST SERVED AT 8:20-8:35AM

hbcsdbistro.com

Students may choose Breakfast Entrée (Grain), up to two fruits, and choice of 1% white or nonfat chocolate milk.

At Least **Three** food items **MUST** be taken, one item must be fruit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choco/Powdered Donut Or Crumb Bread	Choco/Powdered Donut Or Cinnamon Roll	Choco/Powdered Donut Or French Toast	Choco/Powdered Donut Or Crumb Bread	Choco/Powdered Donut Or Cinnamon Roll



Choose Your Fruit
(Up to Two)

AND

Choose Your Milk
(1% White or Nonfat Chocolate Milk)

