



Middle Schools Breakfast Menu



Energize Your Day!
Breakfast...it's The Most Important
Meal of The Day!

2021/2022

Northport-East Northport. UFSD

Breakfast Price- FREE
Please register at MySchoolBucks.com to make prepayments, check balances and transaction history. Look on our District website under "Lunch Menus" for more details and updates. We offer 4 food items and students must select at least 3.

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Breakfast WG Waffles W/ Cheese stick	Hot Breakfast Sausage, Egg & cheese on a WG Roll	Hot Breakfast WG French Toast Sticks w/ cheese stick	Hot Breakfast Bacon, Egg & cheese on a WG Roll	Hot Breakfast WG Pancakes w/ cheese stick
Cold Breakfast Bagel Meal w/ Butter or Cream Cheese	Cold Breakfast Muffin Meal	Cold Breakfast Bagel Meal w/ Butter or Cream Cheese	Cold Breakfast Muffin Meal	Cold Breakfast Bagel Meal w/ Butter or Cream Cheese
Fruit Fruit Choice	Fruit Fruit choice	Fruit Fruit	Fruit Fruit choice	Fruit Fruit choice or Fruit Juice
Milk Choice Non Fat Milk 1% Milk	Milk Choice Non Fat Milk 1% Milk	Milk Choice Non Fat Milk 1% Milk	Milk Choice Non Fat Milk 1% Milk	Milk Choice Non Fat Milk 1% Milk
<p>Breakfast includes a choice of 4*: Hot or Cold Entrée *1-2 oz. Whole Grain *1 oz. Meat/Meat Alternative or 1 oz. grain *1 cup fruit or ½ cup juice *8 oz. Milk choice.</p>	<p>Breakfast & Lunch are free for all Using the www.MySchoolBucks.com account for snacks is recommended. This institution is an equal opportunity Provider and employer.</p>			

Daily Alternates
Cereal Meal w/ cheese stick
Yogurt Meal w/ WG crackers
Muffin Meal w/ cheese stick

*All breakfast items can be purchased ala carte

DAILY A La Carte Item
Hash Brown - \$1.00

We are committed to serving healthy, nutritious meal choices. Our meals emphasize whole grains, fresh fruits and vegetables and *nothing is ever fried*. Full student breakfast includes choice of entrée and grain, fruit and milk. Milk choices for breakfast include fat free white, or 1% white. **Menu is subject to change.** Questions? Director of Food Services (631) 262-6647