

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
Crumb Bread (2) Or Bagel (2)	Crumb Bread (2) Or Cinnamon Roll (2)	Crumb Bread (2) Or Clusters (2)	Crumb Bread (2) Or Bagel (2)	Crumb Bread (2) Or Cinnamon Roll (2)



Choose Your Fruit
(Up to Two)

AND

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

