

**MIDDLE SCHOOL BREAKFAST MENU (Feb - April 2017-2018)**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<u>Entrée</u>	<u>Entrée</u>	<u>Entrée</u>	<u>Entrée</u>	<u>Entrée</u>
Mini Maple Burstin Pancakes 39g	Turkey Sausage Sandwich 14g	Chicken and Biscuit Sandwich 36g	Egg and Cheese Sandwich 19g	Mini Blueberry Eggo Pancakes 35g
Cinnamon Bun 38g	Donut & String Cheese 24g	Cinnamon Bun 38g	Concha Bread 34g	Cinnamon Bun 38g
Pumpkin Slice 43g	Egg and Chorizo 35g	Bagel w/ Cream Cheese 30g	Egg and Chorizo 35g	
<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin Bran 46g	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin Bran 46g	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin Bran 46g	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin Bran 46g	<b><u>Cereal 2oz &amp; String Cheese</u></b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g; Raisin Bran 46g
4 oz Greek Yogurt OR Cheese <b><u>AND</u></b> Muffin Mix	4 oz Greek Yogurt OR Cheese <b><u>AND</u></b> Muffin Mix	4 oz Greek Yogurt OR Cheese <b><u>AND</u></b> Muffin Mix	4 oz Greek Yogurt OR Cheese <b><u>AND</u></b> Muffin Mix	4 oz Greek Yogurt OR Cheese <b><u>AND</u></b> Muffin Mix
Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g
Sausage Breakfast Pizza 47g		Sausage Breakfast Pizza 47g		Sausage Breakfast Pizza 47g
Poptart, Frosted Cinn/ StrawB 75g	Buttermilk Bars Twin Pkg 43g	Poptart, Frosted Cinn/ StrawB 75g	Buttermilk Bars Twin Pkg 43g	Poptart, Frosted Cinn/ StrawB 75g
PB&J Gramwich 32g	PB&J Gramwich 32g	PB&J Gramwich 32g	PB&J Gramwich 32g	PB&J Gramwich 32g
		Oatmeal 59g		
<b><u>Fruit</u></b>	<b><u>Fruit</u></b>	<b><u>Fruit</u></b>	<b><u>Fruit</u></b>	<b><u>Fruit</u></b>
Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g
Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple	Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple	Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple	Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple	Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple
	Applesauce	Tangerine	Canned Pears	
<b><u>Milk</u></b>	<b><u>Milk</u></b>	<b><u>Milk</u></b>	<b><u>Milk</u></b>	<b><u>Milk</u></b>
1% White 14g; Non-fat Chocolate 22g	1% White 14g; Non-fat Chocolate 22g	1% White 14g; Non-fat Chocolate 22g	1% White 14g; Non-fat Chocolate 22g	1% White 14g; Non-fat Chocolate 22g

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Muffin Mix: Blueberry muffin top (3.2oz) 33g, Chocolate Chip muffin (3.2oz) 34g, or Strawberry/Banana muffin 45g