

# Middle School Breakfast Cycle Menu

The meal includes at least ONE fruit and Ice Cold White Milk. Can take two fruits.

Dairy options include Nonfat White, 1% White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week A/C</b>	<b>Week A/C</b>	<b>Week A/C</b>	<b>Week A/C</b>	<b>Week A/C</b>
Breakfast Pizza	Soft Cream Filled Breakfast Bread	Ultimate Breakfast Cookie	Breakfast Sandwich	Apple or Cherry Frudel
<b>Week B/D</b>	<b>Week B/D</b>	<b>Week B/D</b>	<b>Week B/D</b>	<b>Week B/D</b>
Cinnamon Roll w/ Icing	Cinnamon Pancakes	Creamy Bagels	Lemon Blueberry Bread Twist	Cheesy filled Bread
<p><i>Big Breakfast every Third Thursday of Month:</i>            Biscuits and Gravy with Sausage            Scrambled Eggs and Sausage with Biscuit,            Breakfast Burritos with Eggs, Bacon, Cheese            All meals come with Hashbrowns.</p>				
<p><b>Assorted Cold Items Available Every Day</b></p>				
Assorted Cold Cereals: Trix, Cocoa Puffs, Cinnamon Toast Crunch, Rice Chex, Lucky Charms	Assorted Breakfast Bars: Trix, Cinnamon Toast Crunch, Cocoa Puffs, Golden Graham, Nutrigrain Bars	Assorted Muffins and Bread: Banana, Chocolate, Blueberry, Banana Loaf, Blueberry Loaf	Assorted Protein Options: Hard Boiled Egg, Yogurt, String Cheese, Colby Jack Cheese Stick, Cheese Cubes	Assorted Fresh Fruit: Assorted Apples, Bananas, Pears, Oranges Assorted Canned Fruit: Peaches, Pears, Applesauce. 100% Juice available M,W,F