

January 2018

Fayetteville Middle School

BREAKFAST



**** USDA is an equal opportunity employer & provider****

**** Manager reserves the right to change menu due to food availability****

****Breakfast includes: Choice of (1) Grain entrée, Milk and Fruit/Juice****



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



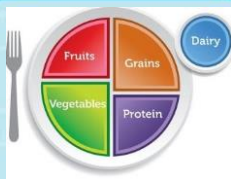
Monday

Tuesday

Wednesday

Thursday

Friday



1

2

3

4

5

Pancakes w/syrup
Or
Choc Chip Oatmeal Bar
Applesauce
Orange Juice
Milk

8

Bacon Biscuit
Or
Cinn Toast Crunch Cereal
Diced Peaches
Apple Juice
Milk

9

Sausage, Egg
& Chz McMuffin
Or
Keebler Graham Gripz
Mixed Fruit
Orange Juice
Milk

10

Breakfast Pizza
Or
Choc Chip Muffin
Strawberry Cups
Apple Juice
Milk

11

Chicken Biscuit
Or
Lucky Charms Cereal
Diced Pears
Orange Juice
Milk

12

No
School

15

French Toast w/syrup
Or
Blueberry Muffin
Strawberry Cups
Orange Juice
Milk

16

Bacon Egg & Chz Bagel
Or
Cherry Frudel
Diced Pears
Apple Juice
Milk

17

Beef Steak Biscuit
Or
Lucky Charms Cereal
Pineapple Tidbits
Orange Juice
Milk

18

Breakfast Pizza
Or
Choc Chip Muffin
Mixed Fruit
Apple Juice
Milk

19

Pancakes w/syrup
Or
Choc Chip Oatmeal Bar
Applesauce
Orange Juice
Milk

22

Bacon Biscuit
Or
Cinn Toast Crunch Cereal
Diced Peaches
Apple Juice
Milk

23

Sausage, Egg
& Chz McMuffin
Or
Keebler Graham Gripz
Mixed Fruit
Orange Juice
Milk

24

Breakfast Pizza
Or
Choc Chip Muffin
Strawberry Cups
Apple Juice
Milk

25

Chicken Biscuit
Or
Lucky Charms Cereal
Diced Pears
Orange Juice
Milk

26

Sausage Biscuit
or
Cinn Toast Crunch Cereal
Diced Peaches
Apple Juice
Milk

29

French Toast w/syrup
Or
Blueberry Muffin
Strawberry Cups
Orange Juice
Milk

30

Bacon Egg & Chz Bagel
Or
Cherry Frudel
Diced Pears
Apple Juice
Milk

31

