

February 2018

Middle

BREAKFAST



This institution is an equal opportunity provider and employer
Breakfast is free to students only
Adult breakfast cost is \$ 2.75



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



Breakfast O's 1
Mini Cinni
Juice, Fruit, Choice of milk



Breakfast Stick's 5
Muffin
Juice, Fruit, Choice of milk

Breakfast Burrito 6
Breakfast Dunkin's
Juice, Fruit, Choice of milk

Mini Waffle 7
Ultimate Breakfast Round
Juice, Fruit, Choice of milk

Fruit Frudel 8
Granola Round
Juice, Fruit, Choice of milk



Oatmeal Choc Chip Bar 12
Cheese Stick
Juice, Fruit, Choice of milk

Cereal Bar 13
Breakfast Pizza
Juice, Fruit, Choice of milk

Mini Pancake 14
Ultimate Breakfast Round
Juice, Fruit, Choice of milk

Breakfast O's 15
Mini Cinni
Juice, Fruit, Choice of milk



Breakfast Stick's 19
Muffin
Juice, Fruit, Choice of milk

Breakfast Burrito 20
Breakfast Dunkin's
Juice, Fruit, Choice of milk

Mini Waffle 21
Ultimate Breakfast Round
Juice, Fruit, Choice of milk

Fruit Frudel 22
Granola Round
Juice, Fruit, Choice of milk



Oatmeal Choc Chip Bar 26
Cheese Stick
Juice, Fruit, Choice of milk

Cereal Bar 27
Breakfast Pizza
Juice, Fruit, Choice of milk

Mini Pancake 28
Ultimate Breakfast Round
Juice, Fruit, Choice of milk

