

# April 2018

## Middle

### BREAKFAST



This institution is an equal opportunity provider  
Breakfast is free to students only  
Adult breakfast cost is \$ 2.75  
Menus are subject to change



**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. Students have the choice of White skim milk, Choc skim milk, Strawberry skim milk, 1% White milk



### Monday

Breakfast Stick

2

Muffin

Juice, Fruit, Choice of milk

### Tuesday

Breakfast Burrito

3

Breakfast Dunkin's

Juice, Fruit, Choice of milk

### Wednesday

Mini Waffle

4

Ultimate Breakfast Round

Juice, Fruit, Choice of milk

### Thursday

Fruit Frudel

5

Granola Round

Juice, Fruit, Choice of milk

### Friday

6

Oatmeal Choc Chip Bar

9

Breakfast Croissant

Juice, Fruit, Choice of milk

Cereal Bar/chex mix

10

Breakfast Taco/cheese stick

Juice, Fruit, Choice of milk

Mini Pancake

11

Ultimate Breakfast Round

Juice, Fruit, Choice of milk

Breakfast O's

12

Mini Cinni

Juice, Fruit, Choice of milk

13

Breakfast Stick

16

Muffin

Juice, Fruit, Choice of milk

Breakfast Burrito

17

Breakfast Dunkin's

Juice, Fruit, Choice of milk

Mini Waffle

18

Ultimate Breakfast Round

Juice, Fruit, Choice of milk

Fruit Frudel

19

Granola Round

Juice, Fruit, Choice of milk

20

Oatmeal Choc Chip Bar

23

Breakfast Croissant

Juice, Fruit, Choice of milk

Cereal Bar/chex mix

24

Breakfast Taco/cheese stick

Juice, Fruit, Choice of milk

Mini Pancake

25

Ultimate Breakfast Round

Juice, Fruit, Choice of milk

Breakfast O's

26

Mini Cinni

Juice, Fruit, Choice of milk

27

Breakfast Stick

30

Muffin

Juice, Fruit, Choice of milk

