

Middle School November 2022 Breakfast Menu

Offer vs Serve Meal Pattern: Students are offered 4 Food Items: Meat/Meat Alt, Grain (Whole Grain Rich), Fruit, Vegetables, and Milk
Asked to Choose at least 3 Full Items, one of which must be 1/2 cup fruit or vegetable, encouraged to choose all items

Breakfast is offered before school and during snack line
Complete Your Breakfast with Ice Cold Assorted Milk (1% White, and FF Chocolate)

Breakfast Prices

All Students **\$1.50**

Students that qualify for free/reduced meals **\$0.00**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Apple Frudel Bar OR French Toast Benefit Bar <i>*Applesauce Cup/Juice*</i>	2 Smore's Breakfast Bar OR Kix Cereal & Scooby Doo Crackers <i>*Fresh Fruit/Juice*</i>	3 Assorted Cereal & Cracker OR Blueberry Muffin w/String Cheese <i>*Fresh Fruit/Juice*</i>	4 Assorted Cereal & Cracker OR Cocoa Puff Bar & Cheddar Goldfish Crackers <i>*Applesauce Cup/Juice*</i>
7 Teacher In-service No School	8 Bday Bar & Giant Goldfish OR Cheerios Cereal Giant Goldfish Crackers <i>*Applesauce Cup/Juice*</i>	9 Apple Crisp Bar & Scooby Doo OR Tottie Fruitie Cereal & Scooby Doo Crackers <i>*Fruit Cup/Juice*</i>	10 Assorted Muffins w/String Ch. OR Cinn Toast Crunch Soft Filled Bar <i>*Fresh Fruit/Juice*</i>	11 Choc Chip Bar & Goldfish OR Reese's Puffs Cereal & Cheddar Goldfish Crackers <i>*Applesauce Cup/Juice*</i>
14 Assorted Bar & Sport OR Cocoa Roos Cereal & Sport Crackers <i>*Applesauce Cup/Juice*</i>	15 Honey Nut Cheerios & Giant OR Assorted Poptart w/String Cheese <i>*Fresh Fruit/Juice*</i>	16 Chocolate Chip Benefit Bar OR Trix Cereal & Scooby Doo Crackers <i>*Fruit Cup/Juice*</i>	17 Assorted Cereal & Cracker OR Chocolate Chip Muffin w/String Cheese <i>*Fresh Fruit/Juice*</i>	18 Butterscotch Bar & Goldfish OR Frosted Flakes Cereal & Cheddar Goldfish Crackers <i>*Applesauce Cup/Juice*</i>
21 Trix Breakfast Bar & Sport OR Cinn Toast Crunch Cereal Sport Crackers <i>*Applesauce Cup/Juice*</i>	22 Assorted Poptart & Tiger OR Assorted Cereal & Tiger <i>*Fresh Fruit/Juice*</i>	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Bread No School
28 Choc Chip Bar & Giant OR Lucky Charms Cereal & Giant Goldfish Crackers <i>*Applesauce Cup/Juice*</i>	29 Apple Frudel Bar OR French Toast Benefit Bar <i>*Applesauce Cup/Juice*</i>	30 Smore's Breakfast Bar OR Kix Cereal & Scooby Doo Crackers <i>*Fresh Fruit/Juice*</i>		

Menus are subject to change due to food availability

This institution is an equal opportunity provider.