

# Middle School December 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	2
			Raisin Bran Cereal & Tiger OR Blueberry Muffin & String Cheese <i>*Fresh Fruit/Juice*</i>	Reese's Peanut Butter Cereal OR Cocoa Puff Bar w/ Cheddar Goldfish Crackers <i>*Applesauce Cup/Juice*</i>
5	6	7	8	9
Birthday Oatmeal Bar OR Cheerios Cereal w/ Giant Goldfish Crackers <i>*Applesauce Cup/Juice*</i>	Apple Cinnamon Round OR Strawberry Cream Cheese Mini Bagel <i>*Applesauce Cup/Juice*</i>	Butterscotch Bar OR Tottie Fruitie Cereal w/ Scooby Doo Crackers <i>*Fruit Cup/Juice*</i>	Assorted Poptart OR Chocolate Chip Muffin w/ String Cheese <i>*Fresh Fruit/Juice*</i>	Assorted Cereal OR Cinnamon Toast Crunch Bar w/ Cheddar Goldfish Crackers <i>*Applesauce Cup/Juice*</i>
12	13	14	15	16
Nutrigrain Bar OR Cocoa Roos Cereal w/ Giant Goldfish Crackers <i>*Applesauce Cup/Juice*</i>	Cinn Roll Pull Apart OR Honey Nut Cheerios Sport Crackers <i>*Fresh Fruit/Juice*</i>	Chocolate Chip Oatmeal Bar OR Trix Cereal & Scooby Doo Crackers <i>*Fruit Cup/Juice*</i>	Choc Chip Benefit Bar OR Blueberry Muffin & String Cheese <i>*Fresh Fruit/Juice*</i>	Cinnamon Chex Cereal OR Smore's Breakfast Bar <i>*Applesauce Cup/Juice*</i>
19	20	21	22	23
Trix Breakfast Bar OR Cinn Toast Crunch Cereal w/ Sport Crackers <i>*Applesauce Cup/Juice*</i>	Cinn Cream Cheese Bagel OR Assorted Poptart & Tiger Bites <i>*Fresh Fruit/Juice*</i>	Butterscotch Bar OR Frosted Flakes Cereal & w/ Scooby Doo Crackers <i>*Fruit Cup/Juice*</i>	Assorted Cereal OR Birthday Oatmeal Bar w/ Cheddar Goldfish Crackers <i>*Applesauce Cup/Juice*</i>	<b>Winter Vacation No School</b> 
26	27	28	29	30
<b>Winter Vacation No School</b> 	<b>Winter Vacation No School</b> 	<b>Winter Vacation No School</b> 	<b>Winter Vacation No School</b>	<b>Winter Vacation No School</b> 

\*Menus are subject to change due to food availability\*

This institution is an equal opportunity provider.