



# Middle School Breakfast Menu



December 2010



**1** **Corn Dog Breakfast Wrap**  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Applesauce

**2** **Breakfast Pizza** WG  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Sliced Peaches

**3** **Apple Muffin**  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Mixed Fruit Cocktail

**6** **Stacked Pancakes**  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Diced Pears

**7** **Southwest Salsa Omelet**  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Pineapple Tidbits

**8** **Yogurt Parfait**  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Strawberry Cup

**9** **Breakfast Pizza** WG  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Sliced Peaches

**10** **Scrambled Eggs w/ Cheese**  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Mixed Fruit Cocktail

**13** **Breakfast Burrito** WG  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Diced Pears

**14** **Sausage Biscuit** WG  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Pineapple Tidbits

**15** **Breakfast Pizza**  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Strawberry Cup

**16** **Egg & Cheese Panini** WG  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Sliced Peaches

**17** **Cinnamon Glazed Sticks**  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Mixed Fruit Cocktail

**20** **French Toast Slices** WG  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Diced Pears

**21** **Ham & Cheese Panini** WG  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Pineapple Tidbits

**22** **Yogurt Parfait**  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Strawberry Cup

**23** **Breakfast Pizza** WG  
*Grab-n-Go Sandwiches*  
featured sides  
 Fresh Fruit  
 Fruit Juice  
 Sliced Peaches

No School

No School

No School

No School

No School

No School



## Muffins, Bagels and Cereals WG

Look for daily specials that may include Apple Spice, Blueberry and Banana. Cereal is always available.

select an entree, then...

### add some sides

**Choice of Healthy Grains**  
 Healthy grains, especially whole grain ones, get your body ready to learn.

**Choice of Fruit or Juice**  
 Fresh fruit varieties, juice packed fruits & 100% juice available daily

**Choice of Milk**  
 Varieties include 2% low fat and fat-free;

**GOOD FOR YOU**  
 Slice, Toast & Top your way everyday!  
 Cream Cheese Peanut Butter Jam

*Grab and Go Breakfast Cart*  
*Open Daily*  
*Grab Breakfast and get to class!*

*Kellogg's & General Mills*  
 Reduced Sugar Cereals  
 Frosted Flakes  
 Fruit Loops  
 Apple Jacks  
 Cocoa Puffs  
 Chocolate Mini Wheats  
 Cheerios  
 Cinnamon Toast Crunch

**Enjoy !**

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

