

MIDDLE SCHOOL BREAKFAST MENU

MONDAY: Pancake wrapped sausage (18 g)

TUESDAY: English muffin (24 g) with cheese (1 g)
and sausage (1 g)

WEDNESDAY: Waffle or pancakes (40 g)

THURSDAY: Breakfast pizza (23 g)

FRIDAY: Bagel (29 g) with egg (1 g) and cheese (1 g)

GRAB AND GO OPTIONS

1 Pop Tart™ (37 g) and cheese stick (1 g)

Peanut butter and jelly bar (32 g)

Cereal bar (30 g) and cheese stick (1 g)

Bagel (29 g) and light cream cheese (1 g)

Super Bun (37 g)

**1 cup fruit or ½ cup 100% fruit juice and ½ cup fruit
and milk served with items listed above.**

**Must take at least ½ cup of fruit or juice with main
item to count as a breakfast.**