



# Nutrition Services



A nourished student is a learning student!

## Middle School 2022 - 23 Breakfast

*This institution is an equal opportunity provider.*

*Please select from the following*

- *Featured Breakfast Item of the Day*
- *Bagel & Cream Cheese*
- *Benefit Breakfast Bar*
- *Whole Grain Poptart*
- *Ultimate Breakfast Round*
- *Cinnamon Bun*
- *Banana or Wildberry Bread*
- *Whole Grain Mini Donuts*
- *Chocolate Oatmeal Bar with a cheese stick or 4 oz Yogurt*
- *Wrapped Muffin with a cheese stick or 4oz Yogurt*
- *Cereal Bowl with a cheese stick or 4oz Yogurt*
- *Cereal Bar with a cheese stick or 4oz Yogurt*

**Breakfast also includes a choice of milk!**

**You MUST take a fruit and/or juice!**

## **Featured Breakfast Item of the Day**

*Monday: Egg & Cheese Bagel or Turkey Sausage & Cheese Bagel*

*Tuesday: Mini French Toast or Mini Waffles*

*Wednesday: Turkey Sausage & Egg Wrap or Apple Strudel*

*Thursday: Mini Pancakes Or Apple Cinnamon Texas Toast*

*Friday: Tony's Breakfast Bagels*

**Reduced Breakfast - \$.30**

**Paid Breakfast - \$1.75**