



# September

## Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>Special News...</b></p> <p>Breakfast is <b>FREE</b> for all students.</p> <p>A free breakfast <b>MUST</b> include a fruit or fruit juice to be considered a meal.</p> <p><b>Students who do not take the required components will be charged a la carte pricing.</b></p> <p><small>Menus are subject to change without notice.</small></p>
		<b>30</b> Waffle Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>31</b> Waffle Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>1</b> Waffle Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	
<b>4</b> <b>No school</b>	<b>5</b> French toast Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>6</b> French toast Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>7</b> French toast Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>8</b> French toast Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	
<b>11</b> Breakfast sand. Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>12</b> Breakfast sand. Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>13</b> Breakfast sand. Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>14</b> Breakfast sand. Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>15</b> Breakfast sand. Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	
<b>18</b> Waffle Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>19</b> Waffle Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>20</b> Waffle Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>21</b> Waffle Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>22</b> Waffle Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	
<b>25</b> <b>No school</b>	<b>26</b> Pancake Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>27</b> Pancake Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>28</b> Pancake Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	<b>29</b> Pancake Benefit bar Cereal bar Cereal  100% Juice 1% White Milk	

All Meals will be served with either 4oz. of fruit or vegetable to follow USDA Guidelines for what makes a meal.  
 Students who do not take the required components will be charged a la carte pricing.  
 Milk served is 1% white milk and nonfat chocolate milk.

