



Middle School Breakfast Menu

Breakfast is served in the school cafeteria daily.
Student Breakfast cost \$1.65 or \$0.30 reduced. Adult \$2.00

SPECIALTY BREAKFAST MENU

Meal includes entrée, fruit and/or 100% fruit juice, and milk. Students must take a fruit and/or fruit juice to qualify for the meal price. (*Students may deny Milk*)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
CINNI MINIS	MINI PANCAKE SAUSAGE WRAPS	MINI CONFETTI PANCAKES	HAWAIIAN HAM & CHEESE	WARM CHOCOLATE OR GRAPE FILLED CRESCENT

DAILY BREAKFAST MENU

- Continental Breakfast Bar featuring: assorted cereals, bagels, breakfast bars, and whole grain Pop-tarts, and yogurt
- Fruit & Granola Yogurt Parfait
- Fruit and/or 100% Fruit Juice
- Milk

Must have **3-5 items** on tray, with at least one item being a fruit and/or juice to qualify for the meal pricing.

Breakfast is served in all buildings on 2-hour delays - menus may be altered to accommodate.

BENEFITS OF BREAKFAST

- Children who eat breakfast are more likely to behave better in school.
- Breakfast improves attention, problem-solving tasks, and memory.
- Eating breakfast can help improve math, reading, and standardized test scores.
- Studies have shown that children who eat breakfast regularly are less likely to be overweight.

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