





# September 2013

## Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>NO SCHOOL FOR STUDENTS</b> 	3 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	4 Waffles & Syrup Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	5 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	6 **Sausage Biscuit Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait
9 Sunrise Flatbread Pizza Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	10 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	11 <b>COLLABORATIVE DAY</b> Eggo Maple Minis Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	12 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	13 **Sausage Biscuit Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait
16 **Breakfast Pizza Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	17 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	18 French Toast Sticks & Syrup Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	19 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	20 **Sausage Biscuit Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait
23 Sunrise Flatbread Pizza Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	24 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	25 Pancakes & Syrup Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	26 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait	27 **Sausage Biscuit Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait
30 **Breakfast Pizza Cereal & Toast Yogurt & Muffin Yogurt & Granola Parfait				

### MEALTIME MESSAGE

Breakfast \$1.25

Fruit and/or Juice also offered daily with Breakfast.

Assorted Milk Choices Available Daily for Breakfast and Lunch:  
1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

### Fun Facts About Pancakes:

The first recipe for pancakes was listed in the 15th century, in an English cookbook.

The world's largest pancake was cooked in Roch-dale, Manchester in the year 1994, which was around 15 meters in diameter, weighed 3 tons, and had a whopping two million calories.

William Shakespeare loved pancakes so much, that he mentioned them in his plays!

\*\* Contains Pork

Menu Items subject to change based upon availability.



Nondiscrimination Statement: This institution is an equal opportunity provider.  
Make payments easily & safely using LunchPrePay.com



**Credit & Debit**