

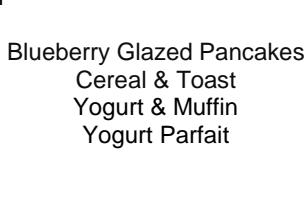


November 2013

Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 Sunrise Flatbread Pizza Cereal & Toast Yogurt & Muffin Yogurt Parfait	5 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt Parfait	6 COLLABORATIVE DAY Cinnamon Glazed Pancakes Cereal & Toast Yogurt & Muffin Yogurt Parfait	7 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt Parfait	8 French Toast Sticks & Syrup Cereal & Toast Yogurt & Muffin Yogurt Parfait
11 NO SCHOOL FOR STUDENTS	12 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt Parfait	13 Waffles & Syrup Cereal & Toast Yogurt & Muffin Yogurt Parfait	14 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt Parfait	15 Eggo Choc. Chip French Toast Minis Cereal & Toast Yogurt & Muffin Yogurt Parfait
18 Sunrise Flatbread Pizza Cereal & Toast Yogurt & Muffin Yogurt Parfait	19 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt Parfait	20 Eggo Maple Minis Cereal & Toast Yogurt & Muffin Yogurt Parfait	21 Grits Cheddar Cheese Scrambled Eggs Cereal & Toast Yogurt & Muffin Yogurt Parfait	22 French Toast Sticks & Syrup Cereal & Toast Yogurt & Muffin Yogurt Parfait
25 **Breakfast Pizza Cereal & Toast Yogurt & Muffin Yogurt Parfait	26 **Biscuit & Gravy Cereal & Toast Yogurt & Muffin Yogurt Parfait	27 NO SCHOOL FOR STUDENTS	28 NO SCHOOL FOR STUDENTS	29 NO SCHOOL FOR STUDENTS

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 Eggs:

An egg shell has as many as 17,000 pores over its surface.

A hen can lay about 250 eggs per year.

In the US, about 280 million hens produce more than 65 billion eggs per year.

** 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

