

February 2014

Middle School Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3
**Breakfast Pizza
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

4
Grits
Cheddar Cheese
Scrambled Eggs
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

5 **COLLABORATIVE DAY**
Waffles & Syrup
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

6
Grits
Cheddar Cheese
Scrambled Eggs
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

7
Eggo Chocolate Chip
French Toast
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

10
**Breakfast Pizza
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

11
Grits
Cheddar Cheese
Scrambled Eggs
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

12
Eggo Maple Minis
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

13
Grits
Cheddar Cheese
Scrambled Eggs
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

14
No School HOLIDAY
(First Weather Make-up Day)

17
No School For Students

18
Grits
Cheddar Cheese
Scrambled Eggs
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

19
French Toast Sticks & Syrup
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

20
Grits
Cheddar Cheese
Scrambled Eggs
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

21
Blueberry Glazed Pancakes
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

24
**Breakfast Pizza
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

25
Grits
Cheddar Cheese
Scrambled Eggs
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

26
Cinnamon Glazed Pancakes
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

27
Grits
Cheddar Cheese
Scrambled Eggs
Cereal & Toast
Yogurt & Muffin
Yogurt & Granola Parfait

28
**Sausage Biscuit
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



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