



Available Daily!

Breakfast is Free to all Middle School students!

# Middle School Breakfast Menu JANUARY 2019

HAVE A GREAT DAY!

1  
**NO SCHOOL**

2  
**Maple Pancakes**  
Fruit Choices:  
Fresh Apple  
Choice of Milk

3  
**Strawberry Stuffed Bagel**  
Fruit Choices:  
Fresh Apple  
100% Fruit Juice  
Choice of Milk

4  
**Cheez-its**  
String Cheese  
Fruit Choices:  
Fresh Apple  
Choice of Milk

7  
**Cinnamon Toast Crunch Bar or Cocoa Puff Bar**  
String Cheese  
Fruit Choices:  
Fresh Orange  
Choice of Milk

8  
**Assorted Cereal w/ String Cheese**  
Fruit Choices:  
Fresh Orange  
100% Fruit Juice  
Choice of Milk

9  
**Berry French Toast**  
Fruit Choices:  
Fresh Orange  
Choice of Milk

10  
**Cinnamon or Strawberry Pop-tart**  
String Cheese  
Fruit Choices:  
Fresh Orange  
100% Fruit Juice  
Choice of Milk

11  
**Strawberry or Blueberry Nutri-Grain Bar**  
String Cheese  
Fruit Choices:  
Fresh Orange  
Choice of Milk

14  
**Assorted Cereal w/ String Cheese**  
Fruit:  
Fresh Apple  
Juice  
Choice of Milk

15  
**Blueberry Waffles**  
Fruit:  
Fresh Apple  
100% Fruit Juice  
Choice of Milk

16  
**Strawberry or Apple Cinnamon Nutri-Grain Bar**  
String Cheese  
Fruit:  
Fresh Apple  
Choice of Milk

17  
**Apple, Banana, or Blueberry Muffin**  
String Cheese  
Fruit:  
Fresh Apple  
100% Fruit Juice  
Choice of Milk

18  
**Apple Frudel**  
String Cheese  
Fruit Choices:  
Fresh Apple  
Choice of Milk

21  
**NO SCHOOL**

22  
**Cinnmini**  
Fruit:  
Fresh Orange  
100% Fruit Juice  
Choice of Milk

23  
**Assorted Cereal w/ String Cheese**  
Fruit:  
Fresh Orange  
Choice of Milk

24  
**Cinnamon Stuffed Mini Bagel**  
Fruit:  
Fresh Orange  
100% Fruit Juice  
Choice of Milk

25  
**Strawberry or Blueberry Pop-tart**  
String Cheese  
Fruit Choices:  
Fresh Apple  
Choice of Milk

28  
**Apple Frudel**  
String Cheese  
Fruit Choices:  
Fresh Banana  
Choice of Milk

29  
**Maple Turkey Sausage and pancake Stick**  
Fruit Choices:  
Fresh Banana  
100% Fruit Juice  
Choice of Milk

30  
**Assorted Cereal w/ String Cheese**  
Fruit Choices:  
Fresh Banana  
Choice of Milk

31  
**Blueberry or Apple Cinnamon Muffin**  
String Cheese  
Fruit Choices:  
Fresh Banana  
100% Fruit Juice  
Choice of Milk

A breakfast meal has 4 components: Grain/Meat or Meat Alternative, Fruit and Milk. A student must choose 3 components to make it a meal, and one item must be a Fruit.

Pricing:

Student: FREE

Adult Pay \$ 1.00

Food Service Office: 570-779-0735

Consuming Raw or Undercooked food may cause foodborne illness

**Assorted Juice:** Apple, Orange, & Fruit Punch Juice

**Milk Choice:** Skim Chocolate, 1% White Milk, Skim Vanilla, Skim & Lactose Milk