

MIDDLE SCHOOL BREAKFAST MENU

Weekly breakfast choices include:

Benefits of Eating Breakfast

1. Increase Metabolism
2. Stimulate Intelligence
3. Enhance Mood
4. Maintain or Lose Weight
5. Enhance Immune System

Breakfast – the most important meal of the day! Fuel up for learning!

Choose 1 entrée (2 grains):

Cereal

Dutch Waffle

Egg McWarrior

Muffin

Pancakes

Additional bi-weekly choices:

Texas Toast

Bagels w/cream cheese

Choose (1 fruit):

A Fruit is required with every breakfast

Fresh fruit

Fruit juice

Cupped fruit

Choose (1 milk):

1% white

Fat –free white

Fat-free chocolate

Fat-free strawberry

Breakfast Pricing –

\$1.50 Student price

Students qualifying for free or reduced benefits:

Free Breakfast

Eat Breakfast at School and Go Out and Change the World!

