



# Middle School Breakfast

Jan. 28<sup>th</sup> – February 1<sup>st</sup>  
Week 4



## Monday

Dutch Waffle  
Ham, Egg & Cheese Biscuit\*  
Muffin & Yogurt  
Assorted Cereal

## Tuesday

Apple Muffin  
Eggs, Bacon & Toast  
Mini Donuts  
Assorted Cereal

## Wednesday

Sausage, Egg & Cheese Croissant\*  
French Toast Benefit Bar  
Blueberry Parfait  
Assorted Cereal

## Thursday

Biscuits & Gravy  
Egg & Cheese Bagel  
Mini Donuts  
Assorted Cereal

## Friday

Cinnamon Roll  
Sausage, Egg & Cheese Flatbread  
Fruit Frudel  
Assorted Cereal

## Variety of Cereal & Fruits Offered Daily



## BEVERAGES

Non- Fat Chocolate  
1% White Milk  
Skim White Milk

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