

## Middle School Breakfast Menu

| Cycle Week | Monday   | Tuesday                         | Wednesday  | Thursday   | Friday   |
|------------|--|---------------------------------|--|--|--|
|            | Cinnamon Toast C Pastry<br>Breakfast Bites<br>French Toast Sticks (IW) | Wild Mikes Brk Pizza<br>Tornado | Pancake/Sausage Stick<br>Apple Jammer<br>Long John | Wild Mikes Brk Pizza<br>French Toast/Sausage (syrup) | Dutch Waffles<br>Tornado<br>French Toast Sticks (IW) |

| <i>Available Daily (variety based on availability)</i>                               |   |  |
|--|---|--|
| Grain/Yogurt Combo   | Any Two of These  | Plus Fruit and/or Milk   |
| <b><u>Cereal</u></b><br>Apple Jacks<br>Golden Grahams<br>Froot Loops<br>Lucky Charms | <b><u>Cereal Bars</u></b><br>Cocoa Puffs<br>Cinnamon Toast Crunch<br>Trix | <b><u>Yogurt</u></b><br>Vanilla<br>Strawberry<br>(must take 1 grain with yogurt) |

| <i>Available Daily (variety based on availability)</i>                                       |  |  |   |
|--|--|--|---|
| Grain Combo  | Any 1 of these                                     | Plus Fruit and/or Milk                                     |   |
| <b><u>Benefit Bar</u></b><br>French Toast<br>Oatmeal Chocolate Chip<br>Double Chocolate Chip | <b><u>Breakfast Buns</u></b><br>Apple/Cinnamon Bun | <b><u>Muffin</u></b><br>Blueberry<br>Double Chocolate Chip | <b><u>Breakfast Breads</u></b><br>Banana<br>Cinnamon<br>Mini Donuts<br>Uncrustables |