

JR. HIGH

## September 2019



## BREAKFAST

or, man	<b>SOLUTION</b>			DILLIA TOI
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	Sausage Biscuit	Breakfast Pizza	Strawberry Bagel	Sausage Roll
Holiday	Assorted Poptarts	Chicken Slider	Cocoa Puff Pastry	Chocolate Chip Chortles
	Sausage Roll	Assorted Muffins	Assorted Donuts	Assorted Muffins
	Cereal & Toast	Cereal & Toast	Cereal & Toast	Cereal & Toast
	Applesauce	Banana	Fresh Orange	Diced Peaches
9	10	11	12	13
Cinnamon Toast Pastry	French Toast Mini's	Chicken Slider	Pancake/Sausage Stick	Breakfast Pizza
Assorted Poptarts	Assorted Muffins	Assorted Donuts	Assorted Donuts	Chocolate Chip Chortles
Assorted Muffins	Assorted Donuts	Assorted Muffins	Assorted Poptarts	Mini Pancakes
Cereal	Cereal	Cereal	Cereal	Cereal
Diced Pears	Fresh Orange	Banana	Pineapple Tidbits	Apple
16	17	18	19	20
Pancake/Sausage Stick	Sausage Biscuit	Cinnamon Toast Pastry	Scrambled Eggs & Toast	Sausage Roll
Assorted Muffins	Assorted Donuts	Chicken Slider	Assorted Donuts	Chocolate Chip Chortles
Assorted Poptarts	Dutch Waffle	Assorted Muffins	Cocoa Puff Pastry	Assorted Muffins
Cereal	Cereal	Cereal	Cereal	Cereal
Pineapple Tidbits	Applesauce	Banana	Fresh Orange	Diced Peaches
23	24	25	26	27
Chocolate Chip Chortles	French Toast Mini's	Chicken Slider	Pancake/Sausage Stick	Breakfast Pizza
Assorted Muffins	Assorted Muffins	Assorted Poptarts	Assorted Donuts	Chocolate Chip Chortles
Assorted Poptarts	Assorted Donuts	Assorted Donuts	Assorted Poptarts	Assorted Poptarts
Cereal	Cereal	Cereal	Cereal	Cereal
Diced Peaches	Fresh Orange	Banana	Pineapple Tidbits	Apple
30				
Mini Pancakes				
Assorted Donuts	Students may	take one (1) of the $\circ$	tour (4) entrée ite	ms listed above
Assorted Poptarts	with the oth	er category choices	listed for a compl	ete breakfast
Cereal	with the oth	er category choices	iisted for a compi	ete bi cakiast.
Mandarin Oranges				

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## SPECIAL NOTES

- complete breakfast at Bruce Jr. High. Students must take at least three (3) of the four (4) items offered but are encouraged to take all four. Four main items are offered daily, students may take one. (Example: Breakfast Pizza OR Cereal and Toast) All menus are compliant with the USDA guidelines.
  - 1. All Bread items are whole grain rich and may have a meat item offered to go with them.
  - 2. All fresh fruits served are purchased weekly and canned fruits are packed in light syrup or their own natural juices.
  - All juice served are 100% juice. Assorted flavors of Apple, Grape and Orange are offered daily.
  - 4. A choice of flavored milk is offered every day.
- Menus are subject to change due to availability.