



## Junior High Breakfast Menu September 2022

Breakfast Prices: paid \$1.75, reduced \$0.30 or free (F/R meal applications needed for discounted prices)

Choose 1 or 2 grains, 1 protein, fruit and milk

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1. <u>Grains</u> breakfast bar, muffin, cereal <u>Protein</u> string cheese, yogurt  assorted fruits milk	2. <u>Grains</u> French toast, breakfast bar, cereal <u>Protein</u> sausage, gogurt  assorted fruits milk
5. 	6. <u>Grains</u> breakfast bar, cream cheese filled bagel, cereal <u>Protein</u> string cheese, beef stick assorted fruits milk	7. <u>Grains</u> breakfast bar, cinnamon roll, cereal <u>Protein</u> beef stick, yogurt  assorted fruits milk	8. <u>Grains</u> pancakes, breakfast bar, cereal <u>Protein</u> sausage, string cheese  assorted fruits milk	9. <u>Grains</u> breakfast bar, cereal <u>Protein</u> cook's choice  assorted fruits milk
12. <u>Grains</u> breakfast bar bagel, cereal <u>Protein</u> yogurt, peanut butter  assorted fruits milk	13. <u>Grains</u> breakfast bar, muffin, cereal <u>Protein</u> Yogurt parfait, beef stick assorted fruits milk	14. <u>Grains</u> breakfast bar, cereal bar, cereal <u>Protein</u> Gogurt, cheese pkt.  assorted fruits milk	15. <u>Grains</u> breakfast bar, cereal <u>Protein</u> Hard cooked egg, beef stick assorted fruits milk	16. <u>Grains</u> breakfast bar, nutria grain bar, cereal <u>Protein</u> string cheese, yogurt  assorted fruits milk
19. <u>Grains</u> breakfast bar, nutria grain bar, cereal <u>Protein</u> string cheese, Gogurt  assorted fruits milk	20. <u>Grains</u> breakfast bar, granola bar, cereal <u>Protein</u> Cheese omelet, beef stick assorted fruits milk	21. <u>Grains</u> breakfast bar cereal bar, cereal <u>Protein</u> string cheese, yogurt  assorted fruits milk	22. <u>Grains</u> breakfast bar, muffin, cereal <u>Protein</u> beef stick, cheese pkt.  assorted fruits milk	23. <u>Grains</u> Waffle, breakfast bar, cereal <u>Protein</u> sausage, Gogurt, peanut butter assorted fruits milk
26. <u>Grains</u> breakfast bar, muffin, cereal <u>Protein</u> string cheese, beef stick  assorted fruits milk	27. <u>Grains</u> breakfast bar, granola pkt., cereal <u>Protein</u> yogurt parfait, string cheese assorted fruits milk	28. <u>Grains</u> breakfast bar, bagel, cereal <u>Protein</u> string cheese, beef stick  assorted fruits milk	29. <u>Grains</u> breakfast bar, cinnamon roll, cereal <u>Protein</u> fruit smoothie, string cheese  assorted fruits milk	30. <u>Grains</u> breakfast bar, cereal bar, cereal <u>Protein</u> string cheese, yogurt  assorted fruits milk