

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pillsbury WG Frudel 36g (Apple or Cherry) Applesauce Cup Listed Below 100% Juice Listed Below Milk Choice Listed Below	Pillsbury Mini Cinnis 40g Raisins or Craisins Listed Below 100% Juice Listed Below Milk Choice Listed Below	CHEF'S CHOICE A Whole Grain Favorite served with Apple Slices 8g 100% Juice Listed Below Milk Choice Listed Below	Confetti Eggo Mini Pancakes 36g Banana Med. Size 27g 100% Juice Listed Below Milk Choice Listed Below	Super Bakery Banana Bread 45g Apple Crisps 10g 100% Juice Listed Below Milk Choice Listed Below
Nature Valley Oatmeal Round 39g Applesauce Cup Listed Below 100% Juice Listed Below Milk Choice Listed Below	Pillsbury Mini Cinnis 40g Banana 27g 100% Juice Listed Below Milk Choice Listed Below	Confetti Eggos Mini Pancakes 36g Richland Hills Sliced Apples 8g 100% Juice Listed Below Milk Choice Listed Below	Waffle Snaps Maple 40g or Chocolate Chip 40g Mixed Berry Cup 20g 100% Juice Listed Below Milk Choice Listed Below	Assorted Cereal Bowls 44-47g w / reduced sugar Apple Crisps 10g 100% Juice Listed Below Milk Choice Listed Below
<i>"This Institution is an Equal Opportunity Provider."</i>				
Benefit Bar WG Breakfast Bar 48g Applesauce Cup Listed Below 100% Juice Listed Below Milk Choice Listed Below	Pillsbury Mini Cinnis 40g Raisins or Craisins Listed Below 100% Juice Listed Below Milk Choice Listed Below	CHEF'S CHOICE A Whole Grain Favorite served with Apple Slices 100% Juice Listed Below Milk Choice Listed Below	Super Bakery Bread 43-45g Orange 21g 100% Juice Listed Below Milk Choice Listed Below	Confetti Eggos Mini Pancakes 36g Apple Crisps 10g 100% Juice Listed Below Milk Choice Listed Below
Juice Box - 4.23oz	Apple Sauce	Raisin & Craisins	Milk	2nd Option
Apple 14g Fruit Punch 15g Grape 19g Orange Tangerine 15g Very Berry 17g	Plain 14g Cinnamon 17g Strawberry 17g	Raisin 33g Ocean Spray Craisins 28g Amazin Raisin 25g	1% 11g Chocolate 19g	WG Pop tart (2 pack)
				"NUT FREE" MENU
				Menus are subject to change. One Free Breakfast/Student
				2022-2023

Middle School Breakfast Menu