

# SEPTEMBER | 2022



## Jr Sr High Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> 	<b>30</b> 	<b>31</b> 	<b>1</b> Pop Tarts Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>2</b> Sausage Gravy on Biscuit Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk
<b>5</b> No School Labor Day	<b>6</b> Pancake Bowl Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>7</b> French Toast w/ Syrup Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>8</b> Mini Breakfast Bites Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>9</b> No School - Staff Professional Development Day
<b>12</b> Breakfast Bread Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>13</b> Rise n Shine Bowl Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>14</b> Waffles w/ Syrup Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>15</b> Mini Donuts Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>16</b> Cinnamon Pretzel Stix/Yogurt Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk
<b>19</b> Benefit Bar Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>20</b> Breakfast Pizza Bagel Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>21</b> Pancakes w/ Syrup Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>22</b> Pop Tarts Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>23</b> Sausage Gravy on Biscuit Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk
<b>26</b> Pancake Bowl Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>27</b> Bagel w/ Nutella Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>28</b> French Toast w/ Syrup Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>29</b> Egg, Sausage, Cheese on English Muffin Or Pop Tarts Assorted Fruit 100% Fruit Juice Ice Cold Milk	<b>30</b> Mini Breakfast Bites Or Cold Cereal Assorted Fruit 100% Fruit Juice Ice Cold Milk

### News

This institution is an equal opportunity provider.

Due to Delays, Cancellations and Delivery Issues the menu is subject to change. Sorry for any inconvenience this may cause. Thank You

**Breakfast Served**  
 Northfield High 7:50-8:10  
 Southwood High 7:50-8:10

**Breakfast Prices**  
 Reduced \$.30 Paid \$1.50

If you receive a free or reduced lunch. You can also receive a free or reduced breakfast. Just contact your school office or school food service department if you have any questions.

Visit Our New  
 Facebook Site:  
 MSDFoodService