



SEPTEMBER 2023

NORTH TAPPS MIDDLE SCHOOL

SERVED WITH ALL
BREAKFASTS:
FRUIT
MILK

Monday
Tuesday
Wednesday
Thursday
Friday


**MENU SUBJECT
TO CHANGE**

1

**THIS INSTITUTION IS
AN EQUAL
OPPORTUNITY
PROVIDER**

4

OATMEAL/CHOCOLATE CHIP
BREAKFAST BAR

5

BREAKFAST PIZZA

6

YOGURT AND
GRAHAM CRACKERS

7

APPLE-CINNAMON MUFFIN

8

PANCAKE BITES

11

CHEESE OMELET
With GRANOLA BAR

12

WHOLE GRAIN WAFFLE
With Syrup

13

EGG PATTY
TURKEY SAUSAGE PATTY
With GOLDFISH CRACKERS

14

WHOLE GRAIN BAGEL
WITH CREAM CHEESE

15

BLUEBERRY MUFFIN

18

FRENCH TOAST STICKS

19

STRAWBERRY/BLUEBERRY
PARFAIT

20

STRAWBERRY BAGEL
BREAKFAST BAR

21

EGG/SAUSAGE/CHEESE
BREAKFAST SANDWICH

22

WHOLE GRAIN BAGEL
WITH CREAM CHEESE

25

CINNAMON BUN

26

BREAKFAST BURRITO

27

OATMEAL/CHOCOLATE CHIP
BREAKFAST BAR

28

CEREAL

29

FREE AND REDUCED MEAL APPLICATIONS AVAILABLE ONLINE AT WWW.DIERINGER.WEDNET.EDU. YOU'LL FIND THE APPLICATIONS UNDER THE "CHILD NUTRITION" DEPARTMENT TAB. APPLICATION MAY ALSO BE OBTAINED AT ANY DIERINGER SCHOOL OFFICE. FOR MORE INFORMATION PLEASE CONTACT KELLY FOLEY AT KFOLEY@DIERINGER.WEDNET.EDU OR 253-826-7108