

OCTOBER 2024

BREAKFAST



This is the weekly breakfast menu for Middle Schools.

Cherokee, Gillespie, Sennet, Sherman, Spring Harbor, Wright



Did you know? Cereals are available daily; they contain 6 grams of sugar or less per serving. Our whole grain-rich options include Cheerios, Cinnamon Chex, or Cinnamon Toast Crunch.



MONDAY

Cinni Minis

Bagel Variety
String Cheese
Fresh Apples & Oranges
Apple Juice

TUESDAY

Chicken Sausage & Cheese on a Biscuit

Bagel Variety
Fresh Fruit & Applesauce
Strawberry-Banana Yogurt
Craisins

WEDNESDAY

Chocolate Chip Muffin

Bagel Variety
Fresh Apples & Oranges
String Cheese
Orange Juice

THURSDAY

Chicken Sausage & Cheese on English Muffin

Bagel Variety
Fresh Apples & Oranges
Fresh Banana
Strawberry-Banana Yogurt

FRIDAY

Banana Bread

Bagel Variety
Fresh Apples and Oranges
String Cheese
Apple Juice

Visit SchoolCafe.com/MMSD for detailed information on our menu items, including allergens and carb counts. This institution is an equal opportunity provider

Milk available daily:

1% White Milk
Skim White Milk

A la carte milk is \$0.50

