



January 2025

Middle SCHOOL BREAKFAST MENU

Daily Additional Options:

- Assorted WG Cereals
- Assorted WG Pop Tarts
- Low-fat Yogurt
- Breakfast Sandwich on WG Bagel:
 - Egg & Cheese
 - Egg, Chicken Sausage & Cheese
- Fresh Fruit and Juice

* Menus are subject to change based on product availability

WG = Whole Grain

Please advise your school nurse of any Food Allergies

For any questions or concerns, contact the Aramark Food Service office at 856-424-2316

MON	TUES	WED	THURS	FRI
<p><i>Meal Applications can be filled out anytime during the school year visit www.Chdc.org</i></p> <p><i>Breakfast \$2.00 Lunch \$3.25</i></p>		<p>1</p> <p>School Closed</p>	<p>2</p> <p>Cherry Frudel</p>	<p>3</p> <p>Apple Cinnamon Muffin</p> <p>Week 4</p>
<p>6</p> <p>School Closed</p>	<p>7</p> <p>Maple Madness Waffle</p>	<p>8</p> <p>Apple Cinnamon Muffin</p>	<p>9</p> <p>Strawberry Cream Cheese Frudel</p>	<p>10</p> <p>Cheese Omelet</p> <p>Week 5</p>
<p>13</p> <p>Trix French Toast</p>	<p>14</p> <p>Blueberry Breakfast Bread</p>	<p>15</p> <p>Apple Cinnamon Muffin</p>	<p>16</p> <p>French Toast Sticks</p>	<p>17</p> <p>Egg & Turkey Sausage Burrito</p> <p>Week 1</p>
<p>20</p> <p>School Closed</p>	<p>21</p> <p>Eggoji (Eggo) Waffle</p>	<p>22</p> <p>Maple Madness Waffle</p>	<p>23</p> <p>Banana Breakfast Bread</p>	<p>24</p> <p>French Toast Sticks</p> <p>Week 2</p>
<p>27</p> <p>French Toast Benefit Bar</p>	<p>28</p> <p>Strawberry Cream Cheese Frudel</p>	<p>29</p> <p>School Closed</p>	<p>30</p> <p>Mini Confetti Pancakes</p>	<p>31</p> <p>Turkey Sausage Pancake Wrap Sticks</p> <p>Week 3</p>



This menu ensures students receive a balanced meal from all the major food groups: Dairy, Grain, Fruit, Vegetables, and Protein. It offers a variety of high-quality ingredients and flavors, eliminates added trans fats, and limits sugars and sodium. The menu also features brand-name foods that are specifically formulated for k-12 student nutrition, including whole grain rich bread and grain products for added fiber and other essential nutrients.