

**Daily GRAB & GO BREAKFAST:**

Includes milk, fruit, choice of cheese stick or yogurt, and choice of entrée: whole grain cereal\*, whole grain muffin top\*, whole grain banana bread slice\*, whole grain mini loaf bread\*, whole grain pop tart\*or whole grain frudel\*.

## November 2018

# St. Francis Middle School Breakfast Menu

**Student \$1.55/2<sup>nd</sup> Breakfast \$2.00/Adult \$2.00**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Whole Grain Pancakes* with Turkey Sausage Patty and Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Whole Grain Cinnamon Bun* or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk
5	6	7	8	9
Whole Grain Pancake Sausage Bites* or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Whole Grain Waffles* with Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Egg, Sausage or Ham, & Cheese on a Wheat English Muffin or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Whole Grain Pancakes* with Turkey Sausage Patty and Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	French Toast Sticks* with Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk
12	13	14	15	16
Breakfast Burrito with Salsa or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Whole Grain Waffles* with Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Egg, Sausage or Ham, & Cheese on a Wheat English Muffin or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Whole Grain Pancakes* with Turkey Sausage Patty and Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Whole Grain Cinnamon Bun* or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk
19	20	21	22	23
Whole Grain Pancake Sausage Bites* or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Whole Grain Waffles* with Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	<b>90 Minute Late Start Grab-n-Go Breakfast Special</b> Whole Grain Mini Donuts Fruit 100% Fruit Juice Milk	No School	No School
26	27	28	29	30
No School	Whole Grain Waffles* with Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Egg, Sausage or Ham, & Cheese on a Wheat English Muffin or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Whole Grain Pancakes* with Turkey Sausage Patty and Syrup or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk	Whole Grain Cinnamon Bun* or Whole Grain PBJ Chilled Fruit 100% Fruit Juice Milk

◆=USDA Child Nutrition Label, (USDA Certified product meets Child Nutrition meal pattern requirements for lean protein &/or whole grain rich grains). Program benefits and services are available to all children without regard to race, religion, color, sex, handicap, age or national origin. Free and reduced meal applications are available throughout the year in all schools or on the website at [www.isd15.org](http://www.isd15.org). Students that receive free/reduced lunch also receive a free breakfast. Sending cash is at your own risk. Please send checks or use Visa, MasterCard, Discover, electronic check or debit card to purchase meals at <https://paypams.com>, a transaction fee will be assessed for each transaction. \*\*Menu, product & nutritional information are subject to change per vendor product availability. This Institution is an equal opportunity provider.