

2018-19
St. Francis Middle School
Breakfast Cycle Menu v 03.26.18

Monday	Tuesday	Wednesday	Thursday	Friday
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
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
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
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
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		90 Minute Late Start Grab-n-Go Breakfast Special Whole Grain Mini Donuts Fruit 100% Fruit Juice Milk		