



## Middle School



**Milk**  
1%  
Fat free

**OFFERED DAILY:**

**Fruit**  
Assorted Fresh Fruit  
Fruit cup  
100% Fruit Juice 2x week

**Assorted Cereal**

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

2

School Closed

3

Breakfast Cereal Meal Kits

4

Fresh Bagels  
Cream Cheese & Jelly

5

Egg & Cheese  
Sandwich  
On a WG Bun

6

Assorted Muffins  
Cheese Stick

9

Assorted Upstate  
Yogurt & Granola  
Craisins

10

Pancakes  
Served with Syrup

11

Fresh Bagels  
Cream Cheese & Jelly

12

Egg & Cheese  
Sandwich  
On a Croissant

13

Assorted Muffins  
Cheese Stick

16

School Closed

17

Assorted Upstate  
Yogurt & Granola  
Craisins

18

Fresh Bagels  
Cream Cheese & Jelly

19

Egg & Cheese  
Sandwich  
On a WG Bun

20

Assorted Muffins  
Cheese Stick

23

Assorted Upstate  
Yogurt & Granola  
Craisins

24

Pancakes  
Served with Syrup

25

Fresh Bagels  
Cream Cheese & Jelly

26

Egg & Cheese  
Sandwich  
On a Croissant

27

Assorted Muffins  
Cheese Stick

30

Assorted Upstate  
Yogurt & Granola  
Craisins

31

Waffles  
Served with Syrup

1 Free Breakfast Per Student Per Day

Menu Subject to Change

