



April 2013
Southern Regional Middle School
Breakfast Prices:
 Full Paid Breakfast \$1.25
 Reduced Breakfast \$.30
 Teacher \$1.75
 Menu subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Free and Reduced Breakfast is available to all students who receive Free and Reduced Lunch

2
 Choice of:
 Waffles in Bag
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

3
 Choice of:
 Sausage, Egg & Cheese on a Roll
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

4
 Choice of:
 French Toast
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

5
 Choice of:
 Hot Ham & Cheese Breakfast Sandwich
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

8
 Choice of:
 Maple Pancakes
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

9
 Choice of:
 Waffles in Bag
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

10
 Choice of:
 Sausage, Egg & Cheese on a Roll
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

11
 Choice of:
 French Toast
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

12
 Choice of:
 Hot Ham & Cheese Breakfast Sandwich
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

15
 Choice of:
 Maple Pancakes
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

16
 Choice of:
 Waffles in Bag
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

17
 Choice of:
 Canadian Bacon, Egg & Cheese on a Roll
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

18
 Choice of:
 French Toast
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

19
 Choice of:
 Hot Ham & Cheese Breakfast Sandwich
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

22
 Choice of:
 Maple Pancakes
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

23
 Choice of:
 Waffles in Bag
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

24
 Choice of:
 Sausage, Egg & Cheese on a Roll
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

25
 Choice of:
 French Toast
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

26
 Choice of:
 Hot Ham & Cheese Breakfast Sandwich
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

29
 Choice of:
 Maple Pancakes
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

30
 Choice of:
 Waffles in Bag
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF
 Milk

Daily Choice of:
 Hot Breakfast of the Day, Fresh Bagel, Cold Assorted Cereal, Whole Grain Blueberry or Chocolate Chip Muffin.

Breakfast includes:

 1% of Fat Free Milk, Juice & Fruit

If you have any questions, Please contact:
 Terry Eckel,
 Cafeteria Manager,
 at (609) 597-9481 ext. 4260