



May 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

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

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

2
 Choice of:
 French Toast
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

3
 Choice of:
 Hot Ham & Cheese Breakfast Sandwich
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

6
 Choice of:
 Sunrise Flat Bread
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

7Choice of:
 Waffles or Pancakes
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

8
 Choice of:
 Sausage, Egg & Cheese on a Roll
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

9
 Choice of:
 French Toast
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

10
 Choice of:
 Hot Ham & Cheese Breakfast Sandwich
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

Try our NEW Sunrise Flat Bread- Scrambled Eggs, Cheese & Turkey Sausage Flat Bread- Available on Mondays

13
 Choice of:
 Sunrise Flat Bread
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

14Choice of:
 Waffles or Pancakes
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

15
 Choice of:
 Canadian Bacon, Egg & Cheese on a Roll
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

16
 Choice of:
 French Toast
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

17
 Choice of:
 Hot Ham & Cheese Breakfast Sandwich
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

Breakfast includes: 1% of Fat Free Milk, Juice & Fruit

20 ½ day
 Choice of:
 Sunrise Flat Bread
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

21Choice of:
 Waffles or Pancakes
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

22
 Choice of:
 Sausage, Egg & Cheese on a Roll
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

23
 Choice of:
 French Toast
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

24
 Choice of:
 Hot Ham & Cheese Breakfast Sandwich
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

27 Memorial Day

School Closed

28Choice of:
 Waffles or Pancakes
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

29
 Choice of:
 Sausage, Egg & Cheese on a Roll
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

30
 Choice of:
 French Toast
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

31
 Choice of:
 Hot Ham & Cheese Breakfast Sandwich
 Bagel
 Muffin
 Cold cereal
 Juice & 1% or FF Milk

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