SOUTHERN REGIONAL MIDDLE SCHOOL BREAKFAST MENU 2017 / 2018

Yogurt Parfait

Assorted Cereals.

Breakfast Bar and

Graham Crackers

WG Donuts

Bagels w/Cream Cheese

Muffins, Granola Bars,

Cereal Bars, Pop Tarts,

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY Pork Roll & Cheese on Sausage, Egg & Bacon, Egg & Cheese Waffles **French Toast** Cheese on Eng. Muffin on a Bagel **Eng. Muffin** Sticks Yogurt Parfait Yogurt Parfait Yogurt Parfait Yogurt Parfait Yogurt Parfait Bagels w/Cream Cheese Bagels w/Cream Cheese Bagels w/Cream Cheese Bagels w/Cream Cheese WG Donuts Bagels w/Cream Cheese WG Donuts WG Donuts WG Donuts WG Donuts Assorted Cereals. Assorted Cereals, Assorted Cereals. Assorted Cereals. Assorted Cereals, Muffins, Granola Bars, Muffins, Granola Bars, Cereal Bars, Pop Tarts, Muffins, Granola Bars, Muffins, Granola Bars, Muffins, Granola Bars, Cereal Bars, Pop Tarts, Cereal Bars, Pop Tarts, Cereal Bars, Pop Tarts, Cereal Bars, Pop Tarts, Breakfast Bar and Graham Crackers Graham Crackers Graham Crackers Graham Crackers Graham Crackers 100% Juice Cup, Fresh and Canned Fruit available daily Bacon, Egg & Cheese Pork Roll & Cheese on Waffles Sausage, Egg & French Toast Cheese on Eng. Muffin on a Bagel **Eng. Muffin** Sticks Yogurt Parfait Yogurt Parfait Yogurt Parfait Bagels w/Cream Cheese Yogurt Parfait Yogurt Parfait Bagels w/Cream Cheese Bagels w/Cream Cheese Bagels w/Cream Cheese WG Donuts Bagels w/Cream Cheese WG Donuts WG Donuts WG Donuts Assorted Cereals, WG Donuts Assorted Cereals. Assorted Cereals. Assorted Cereals. Muffins, Granola Bars, Assorted Cereals, Muffins, Granola Bars, Muffins, Granola Bars, Muffins, Granola Bars, Muffins, Granola Bars, Cereal Bars, Pop Tarts, Breakfast Bar and Breakfast Bar and Breakfast Bar and Breakfast Bar and Graham Crackers Breakfast Bar and Graham Crackers Graham Crackers Graham Crackers Graham Crackers Skim, 1% White or Fat Free Chocolate Milk available daily Bacon, Egg & Cheese Pork Roll & Cheese on Waffles Sausage, Egg & **French Toast Eng.** Muffin Sticks

- Yogurt Parfait Bagels w/Cream Cheese WG Donuts Assorted Cereals, Muffins, Granola Bars, Cereal Bars, Pop Tarts, Breakfast Bar and Graham Crackers
- Sausage, Egg & Cheese on Eng. Muffin Yogurt Parfait Bagels w/Cream Cheese WG Donuts Assorted Cereals, Muffins, Granola Bars, Cereal Bars, Pop Tarts, Breakfast Bar and

Graham Crackers

Bacon, Egg & Cheese on a Bagel Yogurt Parfait Bagels w/Cream Cheese WG Donuts Assorted Cereals, Muffins, Granola Bars, Cereal Bars, Pop Tarts, Breakfast Bar and Graham Crackers

Yogurt Parfait

WG Donuts

Assorted Cereals,

Breakfast Bar and

Graham Crackers

Bagels w/Cream Cheese

Muffins, Granola Bars,

Cereal Bars, Pop Tarts,

Menu Subject to Change

Pork Roll & Cheese on Waffles Sausage, Egg & Bacon, Egg & Cheese **French Toast** Cheese on Eng. Muffin Eng. Muffin on a Bagel Sticks Yogurt Parfait Yogurt Parfait Yogurt Parfait Yogurt Parfait Yogurt Parfait Bagels w/Cream Cheese Bagels w/Cream Cheese Bagels w/Cream Cheese Bagels w/Cream Cheese WG Donuts Bagels w/Cream Cheese WG Donuts WG Donuts WG Donuts WG Donuts Assorted Cereals, Assorted Cereals, Muffins, Granola Bars, Assorted Cereals. Assorted Cereals, Assorted Cereals, Muffins, Granola Bars, Muffins, Granola Bars, Muffins, Granola Bars, Muffins, Granola Bars, Cereal Bars, Pop Tarts, Breakfast Bar and Graham Crackers Graham Crackers Graham Crackers Graham Crackers Graham Crackers

USDA and this institution are eaual opportunity providers and employers

Waffles Yogurt Parfait Bagels w/Cream Cheese WG Donuts Assorted Cereals, Muffins, Granola Bars,	Sausage, Egg & Cheese on Eng. Muffin Yogurt Parfait Bagels w/Cream Cheese WG Donuts Assorted Cereals, Muffins, Granola Bars,	Bacon, Egg & Cheese on a Bagel Yogurt Parfait Bagels w/Cream Cheese WG Donuts Assorted Cereals, Muffins, Granola Bars,	French Toast Sticks Yogurt Parfait Bagels w/Cream Cheese WG Donuts Assorted Cereals, Muffing, Granola Para	Pork Roll & Cheese on Eng. Muffin Yogurt Parfait Bagels w/Cream Cheese WG Donuts Assorted Cereals, Muffins, Granola Bars,
Muffins, Granola Bars,	Muffins, Granola Bars,	Muffins, Granola Bars,	Muffins, Granola Bars,	Muffins, Granola Bars,
Cereal Bars, Pop Tarts,	Cereal Bars, Pop Tarts,	Cereal Bars, Pop Tarts,	Cereal Bars, Pop Tarts,	Cereal Bars, Pop Tarts,
Breakfast Bar and	Breakfast Bar and	Breakfast Bar and	Breakfast Bar and	Breakfast Bar and
Graham Crackers	Graham Crackers	Graham Crackers	Graham Crackers	Graham Crackers