# Middle School Breakfast Menu

Menu Subject to Change Based on Product Availability.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Steak Biscuit&lt;br&gt;Pancake &amp; Sausage&lt;br&gt;on a Stick&lt;br&gt;Assorted Cereal (V)&lt;br&gt;Assorted Cereal (V)</td>
<td>9 Sausage, Egg &amp; Cheese&lt;br&gt;Croissant&lt;br&gt;French Toast Sticks (V)&lt;br&gt;Muffin with Yogurt (V)</td>
<td>10 Chicken &amp; Waffle Griddle&lt;br&gt;Waffle &amp; Sausage Griddle&lt;br&gt;Assorted Cereal (V)&lt;br&gt;Assorted Cereal (V)</td>
<td>11 Sausage Biscuit&lt;br&gt;French Toast Sticks (V)&lt;br&gt;Pop-Tart with Yogurt (V)</td>
<td>12 Chicken Biscuit&lt;br&gt;Cinnamon Glazed Pancakes (V)&lt;br&gt;Assorted Cereal (V)&lt;br&gt;Assorted Cereal (V)</td>
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<tr>
<td>15 Steak Biscuit&lt;br&gt;Pancake &amp; Sausage&lt;br&gt;on a Stick&lt;br&gt;Assorted Cereal (V)&lt;br&gt;Assorted Cereal (V)</td>
<td>16 Sausage, Egg &amp; Cheese&lt;br&gt;Croissant&lt;br&gt;French Toast Sticks (V)&lt;br&gt;Muffin with Yogurt (V)</td>
<td>17 Chicken &amp; Waffle Griddle&lt;br&gt;Waffle &amp; Sausage Griddle&lt;br&gt;Assorted Cereal (V)&lt;br&gt;Assorted Cereal (V)</td>
<td>18 Sausage Biscuit&lt;br&gt;French Toast Sticks (V)&lt;br&gt;Pop-Tart with Yogurt (V)</td>
<td>19 Chicken Biscuit&lt;br&gt;Cinnamon Glazed Pancakes (V)&lt;br&gt;Assorted Cereal (V)&lt;br&gt;Assorted Cereal (V)</td>
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<td>22 Steak Biscuit&lt;br&gt;Pancake &amp; Sausage&lt;br&gt;on a Stick&lt;br&gt;Assorted Cereal (V)&lt;br&gt;Assorted Cereal (V)</td>
<td>23 Sausage, Egg &amp; Cheese&lt;br&gt;Croissant&lt;br&gt;French Toast Sticks (V)&lt;br&gt;Muffin with Yogurt (V)</td>
<td>24 Chicken &amp; Waffle Griddle&lt;br&gt;Waffle &amp; Sausage Griddle&lt;br&gt;Assorted Cereal (V)&lt;br&gt;Assorted Cereal (V)</td>
<td>25 Sausage Biscuit&lt;br&gt;French Toast Sticks (V)&lt;br&gt;Pop-Tart with Yogurt (V)</td>
<td>26 Chicken Biscuit&lt;br&gt;Cinnamon Glazed Pancakes (V)&lt;br&gt;Assorted Cereal (V)&lt;br&gt;Assorted Cereal (V)</td>
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<tr>
<td>29 Steak Biscuit&lt;br&gt;Pancake &amp; Sausage&lt;br&gt;on a Stick&lt;br&gt;Assorted Cereal (V)&lt;br&gt;Assorted Cereal (V)</td>
<td>30 Sausage, Egg &amp; Cheese&lt;br&gt;Croissant&lt;br&gt;French Toast Sticks (V)&lt;br&gt;Muffin with Yogurt (V)</td>
<td>31 Chicken &amp; Waffle Griddle&lt;br&gt;Waffle &amp; Sausage Griddle&lt;br&gt;Assorted Cereal (V)&lt;br&gt;Assorted Cereal (V)</td>
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**Breakfast Price**

- **Student:** $1.25
- **Reduced:** $0.30
- **Adult:** $2.00

**Daily Assorted Choice**
- milk
- fresh fruits
- 100% fruit juice

**Locally Sourced Ingredients Offered Regularly**
- daily vegetarian option (V)

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**August 2022**

School breakfast fuels classroom performance! Students can choose from hot & cold entrees, fresh fruit, 100% juice, and skim or low-fat milk to start the day right!

This institution is an equal opportunity provider.
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| 8 | **Veggie Lasagna with Breadstick (V)**  
  Nashville Hot Chicken Nuggets with Breadstick  
  Buffalo MorningStar Chik’n Nuggets with Breadstick (V)  
  Fresh Deli Subs  
  Baby Carrots • Crinkle Fries | 9 | **General Tso’s Chicken with Rice**  
  Asian MorningStar Chik’n With Rice (V)  
  Classic Pizza Slice: Cheese (V) or Meat Lover’s Wrap of the Day  
  Signature Side Salad  
  Steamed Broccoli | 10 | **Fiesta Chicken with Rice**  
  **Fiesta Beans with Rice (V)**  
  **Burger • Veggie Burger (V)**  
  **Fresh Deli Subs**  
  **Baby Carrots • Steamed Corn** | 11 | **Crispy Chicken of the Day**  
  with Cornbread  
  **Classic Pizza Slice: Cheese (V) or Pepperoni**  
  3-Bean Chili with Cornbread (V)  
  Wrap of the Day  
  Signature Side Salad  
  Roasted Green Beans  
  Chocolate Chip Cookie |
| 15 | **Italian Pasta Bake**  
  **Veggie Pasta Bake (V)**  
  **Chicken Tenders with Breadstick**  
  **MorningStar Chik’n Nuggets with Breadstick (V)**  
  **Fresh Deli Subs**  
  **Baby Carrots • Steamed Broccoli** | 16 | **Teriyaki Chicken with Rice**  
  **Classic Pizza Slice: Cheese (V) or Buffalo Chicken Jamwich (V)**  
  **Wrap of the Day**  
  **Signature Side Salad**  
  **Edamame Succotash** | 17 | **Grande Nachos**  
  **Cheese Nachos (V) or Hot Dog**  
  **Veggie Burger (V)**  
  **Fresh Deli Subs**  
  **Baby Carrots • Black Beans** | 18 | **Crispy Chicken of the Day**  
  with Texas Toast  
  **Classic Pizza Slice: Cheese (V) or Pepperoni**  
  **Mozzarella Cheese Sticks (V)**  
  **Wrap of the Day**  
  **Signature Side Salad**  
  **Roasted Green Beans**  
  **Chocolate Chip Cookie** |
| 22 | **Chicken Alfredo with Breadstick**  
  **Alfredo Pasta (V)**  
  **Southern Style Chicken Bites with Breadstick**  
  **MorningStar Chik’n Nuggets with Breadstick (V)**  
  **Fresh Deli Subs**  
  **Baby Carrots • Steamed Broccoli** | 23 | **Tangerine Chicken with Rice**  
  **Asian Style MorningStar Chik’n With Rice (V)**  
  **Classic Pizza Slice: Cheese (V) or Meat Lover’s Wrap of the Day**  
  **Signature Side Salad**  
  **Roasted Green Beans** | 24 | **Tex Mex Nachos**  
  **Cheese Nachos (V) or Cheese Steakburger**  
  **Veggie Burger (V)**  
  **Fresh Deli Subs**  
  **Baby Carrots • Black Beans** | 25 | **Crispy Chicken of the Day**  
  with Texas Toast  
  **Classic Pizza Slice: Cheese (V) or Pepperoni**  
  **Jamwich (V)**  
  **Wrap of the Day**  
  **Signature Side Salad • Steamed Corn**  
  **Chocolate Chip Cookie** |
| 29 | **Chicken & Waffles**  
  **Waffles with Scrambled Eggs (V)**  
  **Mini Cheese Calzones (V)**  
  **Fresh Deli Subs**  
  **Baby Carrots • Tater Tots** | 30 | **Spicy Sichuan Chicken with Rice**  
  **Asian MorningStar Chik’n with Rice (V)**  
  **Classic Pizza Slice: Cheese (V) or Buffalo Chicken Jamwich (V)**  
  **Wrap of the Day**  
  **Signature Side Salad**  
  **Steamed Broccoli** | 31 | **Fajita Chicken Nachos**  
  **Cheese Nachos (V) or Hot Dog Jamwich (V)**  
  **Fresh Deli Subs**  
  **Baby Carrots**  
  **Sweet Potato Waffle Fries** | 12 | **Classic Pizza Slice: Cheese (V)**  
  **Crispy Cod Nuggets with Mac & Cheese**  
  **Mac & Cheese (V)**  
  **Steak Sliders**  
  **Fresh Deli Subs**  
  **Carrot, Cucumber & Cherry Tomato Tater Tots** |
| 19 | **Classci Pizza Slice: Cheese (V)**  
  **Seafood Basket**  
  **Chicken Filet Sandwich**  
  3-Bean Chili with Hushpuppies (V)  
  **Fresh Deli Subs**  
  **Carrot, Cucumber & Cherry Tomato Tater Tots** | 26 | **Classic Pizza Slice: Cheese (V)**  
  **Crispy Cod Nuggets with Mac & Cheese**  
  **Mac & Cheese (V)**  
  **Spicy Chicken Sandwich**  
  **Fresh Deli Subs**  
  **Carrot, Cucumber & Cherry Tomato Sweet Potato Waffle Fries** |