

Middle School Breakfast Meal

Four Items

1. Bread 2. Protein 3. Fruit 4. Milk

You may take all four items, but must take at least three items to count as a Meal. You may take two breads or one bread and one protein and one fruit and one milk.

If you do not have a fruit or vegetable it is not a meal and you will be charged ala carte, which can cost more than the full meal price and be less nutritious!

Choose One Entrée (Bread), (Protein)

Bagel



Lg. Muffin



**1 Cereal &
1 Sm Muffin**



**French Toast
Sticks & Sausage**



Choose Two Fruit (Fruit)

Fruit



**4oz 100%
Fruit Juice**



Choose One (Milk 8oz.)

