



September 2019

Middle School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Egg, Sausage & Cheese Biscuit Donut Holes Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	3  Egg, Bacon & Cheese Bagel Maple Pancakes Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	4 Egg, Cheese & Sausage Muffin Mini Cinnamon Rolls Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	5  Egg, Bacon & Cheese Bagle Glazed Donut Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	6 Egg, Cheese & Sausage Muffin Mini French Toast Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk
9 Egg, Sausage & Cheese Biscuit Donut Holes Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	10  Egg, Bacon & Cheese Bagel Maple Pancakes Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	11 Egg, Cheese & Sausage Muffin Mini Cinnamon Rolls Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	12  Egg, Bacon & Cheese Bagle Glazed Donut Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	13 Egg, Cheese & Sausage Muffin Mini French Toast Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk
16 Egg, Sausage & Cheese Biscuit Donut Holes Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	17  Egg, Bacon & Cheese Bagel Maple Pancakes Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	18 Egg, Cheese & Sausage Muffin Mini Cinnamon Rolls Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	19  Egg, Bacon & Cheese Bagle Glazed Donut Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	20 Egg, Cheese & Sausage Muffin Mini French Toast Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk
23 Egg, Sausage & Cheese Biscuit Donut Holes Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	24  Egg, Bacon & Cheese Bagel Maple Pancakes Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	25 Egg, Cheese & Sausage Muffin Mini Cinnamon Rolls Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	26  Egg, Bacon & Cheese Bagle Glazed Donut Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	27 Egg, Cheese & Sausage Muffin Mini French Toast Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk
30 Egg, Sausage & Cheese Biscuit Donut Holes Cereals/Breakfast Bars Asst. Fruits & Juice Choc & White Milk	<div style="text-align: center;">  <p>Breakfast</p> </div> <p style="text-align: center;">Need the nutrition information for our menu items?</p> <ul style="list-style-type: none"> ➔ Visit psd202.schooldish.com and click on Menus & Nutrition. ➔ On the very left hand side of the screen, it will say Elementary School, Middle School & High School. Each of these links will bring you to an interactive weekly menu with Nutrition Labels for each menu item. 			

Breakfast:
IT REALLY IS THE MOST IMPORTANT MEAL OF THE DAY

More info...
Breakfast is only \$1.60!
 If you currently received **FREE** or **REDUCED** (\$0.40) lunch you also are able to get a **FREE** or **REDUCED** (\$0.30) breakfast.
 *If you already ate, save your pouch for a snack pack later!

Menus are subject to change without notice.

