

September 2017

CLEVELAND MIDDLE SCHOOL

BREAKFAST



Students Full Price \$1.50
 Students Reduced \$0.30
 Teachers \$1.75



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Offered Daily: Milk, Fruit
 Juice, Fruit, Toast and
 Fruit Smoothies



**This Institution Is An
 Equal Opportunity
 Provider And
 Employer**

Cheese Omelet
 Or
 Cereal

1

No School

4

Sausage
 Biscuit
 Or
 Cereal

5

Pancake & Sausage Stick
 Or
 Cereal

6

Yogurt
 Muffin
 Or
 Cereal

7

Scrambled Eggs
 Or
 Cereal

8

Breakfast Burrito
 Or
 Cereal

11

Eng. Muffin Breakfast
 Sandwich
 (egg , ham, cheese

12

Biscuit & Gravy
 Hash Brown
 Or
 Cereal

13

French Toast Sticks
 Or
 Cereal

14

Cheese Omelet
 Or
 Cereal

15

Breakfast Pizza
 Or
 Cereal

18

Sausage
 Biscuit
 Or
 Cereal

19

Pancake & Sausage Stick
 Or
 Cereal

20

Yogurt
 Muffin
 Or
 Cereal

21

Scrambled Eggs
 Or
 Cereal

22

Breakfast Burrito
 Or
 Cereal

25

Eng. Muffin Breakfast
 Sandwich
 (egg , ham, cheese

26

Biscuit & Gravy
 Hash Brown
 Or
 Cereal

27

French Toast Sticks
 Or
 Cereal

28

Cheese Omelet
 Or
 Cereal

29