

Choose one of the three options

Ashland Middle school & John Muir school

Monday

Tuesday

Wednesday

Thursday

Friday



No school 1
Conference day

No school 2
Conference day

5
Pancake sausage wrap
Fruit muffins
Cereal

6
Egg & sausage Burrito
Zucchini Bread
Cereal

7
Ham & cheese Bagel
Fruit Frudel
Cereal

8
Scramble eggs & cheese
Toast & hash browns
Breakfast tornado
Cereal

9
Cinnamon Roll
Bagel w/ cream cheese
Cereal



12
Ham & cheese bagel
Fruit Muffin
Cereal

13
Biscuits & gravy w/ sausage
Yogurt parfait w/ granola & berries
Cereal

14
Fruit frudel
Scramble eggs, toast & hash browns
Cereal

15
Cinnamon Roll
Bagel w/ cream cheese
Cereal

19
Pancake Sausage wrap
Zucchini Bread
Cereal

20
Breakfast tornado
Fruit frudels
Cereal

No school 21



No school 23

26
Pancake sausage wrap
Fruit muffins
Cereal

27
Egg & sausage Burrito
Zucchini Bread
Cereal

28
Ham & cheese Bagel
Fruit Frudel
Cereal

29
Scramble eggs & cheese
Toast & hash browns
Breakfast tornado
Cereal

30
Cinnamon Roll
Bagel w/ cream cheese
Cereal