

Every Breakfast come with choice of Protein and Fruit

Ashland Middle school/ John Muir

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**6**

Pancake & sausage wrap  
 Zucchini Bread  
 Cereal

**7**

Breakfast Tornado  
 Fruit Frudel  
 Cereal

**1**

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

**2**

scramble eggs & cheese  
 Toast & hash browns  
 Breakfast tornado  
 Cereal

**3**

Cinnamon Roll  
 Bagel w/ cream cheese  
 Cereal

**13**

Pancake & sausage wrap  
 Fruit muffins  
 Cereal

**14**

Breakfast Tornado  
 Fruit Frudel  
 Cereal

**8**

Fruit Muffin  
 Breakfast Banana Spit  
 Cereal

**9**

Ham & cheese bagel  
 French toast  
 Cereal

**10**

Cinnamon Roll  
 Bagel w/ cream cheese  
 Cereal

**20**

Pancakes & sausage  
 Breakfast burrito  
 Cereal

**21**

Breakfast Tornado  
 Fruit Frudel  
 Cereal

**15**

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

**16**

scramble eggs & cheese  
 Toast & hash browns  
 Breakfast tornado  
 Cereal

**17**

Cinnamon Roll  
 Bagel w/ cream cheese  
 Cereal

**27**



**28**

Breakfast Tornado  
 Fruit Frudel  
 Cereal

**22**

Fruit Muffin  
 Breakfast Banana Spit  
 Cereal

**23**

Ham & cheese bagel  
 French toast  
 Cereal

**24**

Cinnamon Roll  
 Bagel w/ cream cheese  
 Cereal

**29**

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

**30**

scramble eggs & cheese  
 Toast & hash browns  
 Breakfast tornado  
 Cereal

**31**

Cinnamon Roll  
 Bagel w/ cream cheese  
 Cereal