

BREAKFAST

SEPTEMBER 2019

Students 1.50 Adults 2.00
 All meals include milk & unlimited fruit, choice of string cheese, yogurt or eggs

Every breakfast comes with choice of protein and fruit Ashland Middle school/ John Muir

Monday

Tuesday

Wednesday

Thursday 5

Friday

LABOR DAY 2



Breakfast Tornado
 Fruit Frudel
 Cereal

Fruit Muffin
 Breakfast Banana Spit
 Cereal

Ham & cheese bagel
 French toast
 Cereal

Cinnamon Roll
 Bagel w/ cream cheese
 Cereal

Pancake & sausage
 wrap
 Fruit muffins
 Cereal

Breakfast Tornado
 Fruit Frudel
 Cereal

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

scramble eggs & cheese
 Toast & hash browns
 Breakfast tornado
 Cereal

Cinnamon Roll
 Bagel w/ cream cheese
 Cereal

Pancakes & sausage
 Breakfast burrito
 Cereal

Breakfast Tornado
 Fruit Frudel
 Cereal

Fruit Muffin
 Breakfast Banana Spit
 Cereal

Ham & cheese bagel
 French toast
 Cereal

Cinnamon Roll
 Bagel w/ cream cheese
 Cereal

Pancake Sausage Wrap
 Zucchini Bread
 Cereal

Breakfast Tornado
 Fruit Frudel
 Cereal

Fruit Muffin
 Breakfast Banana Spit
 Cereal

Ham & cheese bagel
 French toast
 Cereal

Cinnamon Roll
 Bagel w/ cream cheese
 Cereal

Pancake & sausage
 wrap
 Fruit muffins
 Cereal

All meals meet the Federal Healthy Hunger free kids act of America

You may pay on your students account or apply for benefits at <https://family.titank12.com/> to pay and track your students account.

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