

# Tri West Middle School Breakfast

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 FRENCH TOAST STICKS	4 MINI MAPLE PANCAKES	5 APPLE FRUDEL	6 SAUSAGE & CHEESE MELT	7 CINNAMON SUGAR DONUT RING
10 MINI MAPLE WAFFLES	11 PANCAKE WRAP	12 MINI CINNI ROLLS	13 HAM & CHEESE MELT	14 POWDERED SUGAR DONUT HOLES
17 FRENCH TOAST STICKS	18 PANCAKE WRAP	19 CHERRY FRUDEL	20 Cook's Choice	21
24	25			28
31				

## DAILY FEATURES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAUSAGE BISCUIT	BACON, EGG, & CHEESE BAGEL	EGG & CHEESE BISCUIT	BREAKFAST PIZZA	BISCUIT WITH GRAVY



## EVERYDAY OFFERINGS – Pick 2 below!

### PICK A BREAD

Cereal Bowl  
Cereal Bar  
Pop Tart  
Muffin  
Grahams  
Animal Crackers  
Half Bagel

### PICK A PROTEIN

Cheese Stick  
Yogurt  
Peanut Butter

## AVAILABLE DAILY

### FRUIT CHOICES

- 100% Fruit Juice
- Assorted Fruits

### MILK CHOICES

- 1%
- Skim
- Fat Free Flavored