

Tri West Middle School Breakfast

JANUARY 2019

9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8 MINI MAPLE PANCAKES	9 APPLE FRUDEL	10 SAUSAGE & EGG BISCUIT	11 CINNAMON SUGAR DONUT RING
14 MINI MAPLE WAFFLES	15 PANCAKE WRAP	16 MINI CINNI ROLLS	17 EGG, HAM & CHEESE ON ENGLISH MUFFIN	18 POWDERED SUGAR DONUT HOLES
21 MINI CINNAMON FRENCH TOAST	22 PANCAKE WRAP	23 CHERRY FRUDEL	24 HAM & CHEESE BAGEL	25 CINNAMON SUGAR DONUT HOLES
28 MINI MAPLE WAFFLES	29 PANCAKES	30 MINI CINNAMON CREAM CHEESE BAGELS	31 HAM, EGG & CHEESE FLATBREAD	

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