

MJSHS Breakfast Menu September 2017

A variety of whole grain cereal bowls, pop tarts, crackers & yogurt offered daily.

Milk Choices:

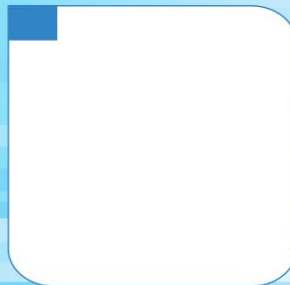
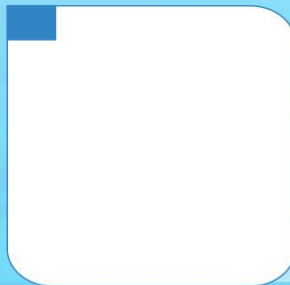
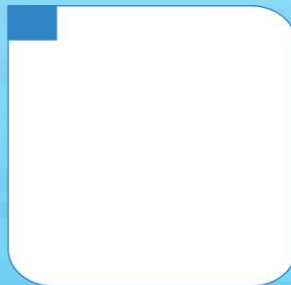
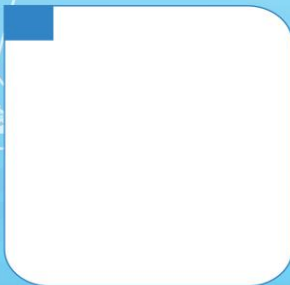
1% White Milk
Fat Free White Milk
Fat Free Chocolate Milk

Breakfast Meal \$1.50
Reduced Meal \$0.30
Adult Meal \$1.90
Milk (only) \$0.55

Aramark Office 309-837-2335
Menu Subject to Change



This institution is an equal opportunity provider.



1
Biscuit w/Country Gravy
Grilled Ham & Cheese Sandwich Half
Banana Muffin

Chilled Fruit Choice

4
Labor Day

No School

5
*Egg & Cheese Muffin
*Cinnamon Roll Yogurt Smoothie w/Crackers
*Breakfast Corn Dog

Fresh Orange
Fruit Juice

6
*Chocolate Muffin w/String Cheese
*Ham Egg & Cheese Flatbread
*French Toast Breakfast Bar

Applesauce Orange Juice

7 *New Item!*
*Honey Sriracha Glazed Donut
*Cheesy Egg Muffin
*Hard Boiled Egg w/Chez-Its

Banana
Fruit Juice

8
*Sausage & Cheese Frittata w/Toast
*Chicken Biscuit
*Cherry Frudel

Peaches
Apple Juice

11
*Cheese Bosco Stick
*Sausage Cheese Muffin
*Yogurt w/Animal Crackers

Pears
Apple Juice

12 *New Item!*
*Huevos Rancheros
*Apple Orange Yogurt Smoothie w/ Crackers
*Banana Muffin w/String Cheese

Mixed Fruit
Fruit Juice

13
*Cheesy Egg Bagel
*Mini Strawberry Bagel
*Egg & Tater Bite Taco

Applesauce
Orange Juice

14
*Cheese Scrambled Eggs w/Hash Brown & Toast
*Sausage Cheese Muffin
*Oatmeal Raisin Bar

Banana
Fruit Juice

15
*Bacon Egg & Cheese Flatbread
*Egg & Cheese Muffin
*Chocolate Muffin w/String Cheese

Peaches
Apple Juice

18
*Southwest Strata w/Toast
*Apple Frudel
*Sausage Cheese Muffin

Pears
Apple Juice

19
*Chicken Biscuit
*Purple Haze Yogurt Smoothie w/Scooby Crackers
*Bagel w/Cream Cheese

Fresh Orange
Fruit Juice

20
*Breakfast Pizza
*Egg Bagel
*Strawberry Pop Tart

Applesauce
Orange Juice

21 *New Item!*
*Egg & Cheese Fundle
*Sausage Cheese Muffin
*Oatmeal Chocolate Bar

Banana
Fruit Juice

22
*Ham Egg & Cheese Flatbread
*Egg & Cheese Muffin
*Yogurt w/Granola Bar

Peaches
Apple Juice

25
*Cheesy Ham Breakfast Roll
*Blueberry Muffin w/String Cheese
*Egg & Cheese Muffin

Pears
Apple Juice

26 *New Item!*
*Breakfast Quesadilla
*Apple Orange Yogurt Smoothie w/Crackers
*Hard Boiled Egg w/Chez-Its

Mixed Fruit
Fruit Juice

27
*Sausage & Cheese Biscuit
*Mini Cinnamon Bagel
*Banana Chocolate Bar

Applesauce
Orange Juice

28
*Glazed Donut
*Bacon Egg & Cheese Flatbread
*Egg & Cheese Muffin

Banana
Fruit Juice

29
*Ham & Potato Strata
*Chocolate Muffin w/String Cheese
*Sausage Cheese Muffin

Peaches
Apple Juice