

# MJSHS Breakfast Menu

October 2017

**2**  
**Chicken Biscuit**  
**Cheesy Sausage Muffin**  
 Chilled Fruit Choice

**3**  
**Purple Haze Yogurt Smoothie**  
**Cinnamon Sugar Donut**  
 Chilled Fruit Choice

**4**  
**Egg Bagel**  
**Oatmeal Chocolate Breakfast Bar**  
 Chilled Fruit Choice

**5**  
**Breakfast Pizza**  
**Cheesy Ham Biscuit**  
 Chilled Fruit Choice

**6**  
**Biscuit w/Country Gravy**  
**Strawberry Yogurt w/Scooby Crackers**  
 Chilled Fruit Choice

**9**  
**Columbus Day**  
**No School**

**10**  
**\*Egg & Cheese Muffin**  
**\*Cinnamon Roll Yogurt Smoothie w/Crackers**  
**\*Breakfast Corn Dog**  
 Fresh Orange  
 Fruit Juice

**11**  
**\*Chocolate Muffin w/String Cheese**  
**\*Ham Egg & Cheese Flatbread**  
**\*French Toast Breakfast Bar**  
 Applesauce Orange

**12** *New Item!*  
**\*Honey Sriracha Glazed Donut**  
**\*Cheesy Egg Muffin**  
**\*Hard Boiled Egg w/Chez-Its**  
 Banana  
 Fruit Juice

**13**  
**\*Sausage & Cheese Frittata w/Toast**  
**\*Chicken Biscuit**  
**\*Cherry Frudel**  
 Peaches  
 Apple Juice

**16**  
**\*Cheese Bosco Stick**  
**\*Sausage Cheese Muffin**  
**\*Yogurt w/Animal Crackers**  
 Pears  
 Apple Juice

**17** *New Item!*  
**\*Huevos Rancheros**  
**\*Apple Orange Yogurt Smoothie w/ Crackers**  
**\*Banana Muffin w/String Cheese**  
 Mixed Fruit  
 Fruit Juice

**18**  
**\*Cheesy Egg Bagel**  
**\*Mini Strawberry Bagel**  
**\*Egg & Tater Bite Taco**  
 Applesauce  
 Orange Juice

**19**  
**\*Cheese Scrambled Eggs w/Hash Brown & Toast**  
**\*Sausage Cheese Muffin**  
**\*Oatmeal Raisin Bar**  
 Banana  
 Fruit Juice

**20**  
**\*Bacon Egg & Cheese Flatbread**  
**\*Egg & Cheese Muffin**  
**\*Chocolate Muffin w/String Cheese**  
 Peaches  
 Apple Juice

**23**  
**\*Southwest Strata w/Toast**  
**\*Apple Frudel**  
**\*Sausage Cheese Muffin**  
 Pears  
 Apple Juice

**24**  
**\*Chicken Biscuit**  
**\*Purple Haze Yogurt Smoothie w/Scooby Crackers**  
**\*Bagel w/Cream Cheese**  
 Fresh Orange  
 Fruit Juice

**25**  
**\*Breakfast Pizza**  
**\*Egg Bagel**  
**\*Strawberry Pop Tart**  
 Applesauce  
 Orange Juice

**26**  
*Parent Teacher Conferences*  
**No School**

**27**  
*Parent Teacher Conferences*  
**No School**

**30**  
**\*Cheesy Ham Breakfast Roll**  
**\*Blueberry Muffin w/String Cheese**  
**\*Egg & Cheese Muffin**  
 Pears  
 Apple Juice

**31** *New Item!*  
**\*Breakfast Quesadilla**  
**\*Apple Orange Yogurt Smoothie w/Crackers**  
**\*Hard Boiled Egg w/Chez-Its**  
 Mixed Fruit  
 Fruit Juice

**1**  
**\*Sausage & Cheese Biscuit**  
**\*Mini Cinnamon Bagel**  
**\*Banana Chocolate Bar**  
 Applesauce  
 Orange Juice

**2**  
**\*Glazed Donut**  
**\*Bacon Egg & Cheese Flatbread**  
**\*Egg & Cheese Muffin**  
 Banana  
 Fruit Juice

**3**  
**\*Ham & Potato Strata**  
**\*Chocolate Muffin w/String Cheese**  
**\*Sausage Cheese Muffin**  
 Peaches  
 Apple Juice

## Offered Daily...

- Egg & Cheese Muffin
- Sausage Cheese Muffin
- A variety of whole grain cereal bowls, pop tarts, pastry's, crackers & yogurt.

## Breakfast Prices...

Paid \$1.50  
 Reduced \$0.30  
 Adult \$1.90  
 Extra Milk \$0.55

## Milk Variety

Fat Free Chocolate  
 Fat Free White  
 1% White

Menu Subject to Change