



Middle School GRAB & GO Breakfast Cycle Menu 2011-12

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Breakfast Bar	Pop Tart – 2 ct.	Whole Grain Breakfast Bar	Pop Tart – 2 ct.	Whole Grain Breakfast Bar
Snacken Waffle	Super Donut Plus	Snacken Waffle	Super Donut Plus	Snacken Waffle
PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable	PBJ Uncrustable
Whole Grain Muffin	Whole Grain Muffin	Whole Grain Muffin	Whole Grain Muffin	Whole Grain Muffin
Cinnamon Breakfast Round	Cinnamon Breakfast Round	Cinnamon Breakfast Round	Cinnamon Breakfast Round	Cinnamon Breakfast Round
Choice of Fresh Fruit or 100% Fruit Juice	Choice of Fresh Fruit or 100% Fruit Juice	Choice of Fresh Fruit or 100% Fruit Juice	Choice of Fresh Fruit or 100% Fruit Juice	Choice of Fresh Fruit or 100% Fruit Juice
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

revised 8/16/11

