

St. Michaels Middle and St. Michaels High and Easton High School Breakfast September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3				
NO SCHOOL	4 Breakfast Sandwich WG Donut Fruit Smoothie Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	5 Pancakes WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	6 Sausage Biscuit WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	7 Breakfast Flatbread Cinni Mini Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
10 Egg & Cheese Muffin WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	11 Breakfast Sandwich WG Donut Fruit Smoothie Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	12 Breakfast Pizza WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	13 Waffle Sticks WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	14 Breakfast Flatbread Cinni Mini Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
17 Scrambled Eggs w/wo Toast Grape Crescent Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	18 Breakfast Sandwich WG Donut Fruit Smoothie Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	19 Pancakes WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	20 Sausage Biscuit WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	21 Breakfast Flatbread Cinni Mini's Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk
24 Egg & Cheese Muffin WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	25 Breakfast Sandwich WG Donut Fruit Smoothie Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	26 Breakfast Pizza WG Honey Bun Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	27 Waffle Sticks WG Donut Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk	28 Breakfast Flatbread Cinni Mini's Yogurt Parfait Cereal w/wo Toast Fruit 100% Fruit Juice Low Fat Milk