

# Germantown School District Weekly Breakfast Menu – April, 2018



Breakfast is a vital part of a healthy day. Students must have breakfast to get the most from their school day. Breakfast is offered before school currently at MacArthur Elementary, Kennedy Middle and Germantown High School. MacArthur breakfast is available to all students before school from 8:20 – 8:45 a.m. KMS is served from 7:20 – 7:45 a.m. and GHS serves from 6:45 – 7:15 a.m. We repeat the same selections weekly to help students plan for their favorite breakfasts at school.

**Breakfast is a great value: Elementary - \$1.50 KMS - \$1.50 GHS - \$1.50 Adult & Staff \$2.00**

**All students eligible for free or reduced price meals receive a free breakfast each day.**

Menu may change due to product availability. Thank you for understanding.

\*CONTAINS PORK

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Avg. Nutritionals
<u><b>Elementary</b></u> Breakfast Pizza Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>Elementary</b></u> Eggstravaganza* w/Hash Brown Patty Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>Elementary</b></u> Egg, Sausage* and Cheese Croissant Sandwich Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>Elementary</b></u> Pancake Wrapped Sausage on a Stick Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>Elementary</b></u> Yogurt Fruit Parfait w/Granola Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	CAL: 419 TOTAL FAT: 9.28g CHOL: 53.8mg SODIUM: 492.19mg CARB: 69.15g FIBER: 3.7g PROTEIN: 15.85g
<u><b>KMS</b></u> Breakfast Pizza Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>KMS</b></u> Eggstravaganza* w/Hash Brown Patty Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>KMS</b></u> Egg, Sausage* and Cheese Croissant Sandwich Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>KMS</b></u> Pancake Wrapped Sausage on a Stick Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>KMS</b></u> Yogurt Fruit Parfait w/Granola Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	CAL: 439 TOTAL FAT: 10.05g CHOL: 60.4mg SODIUM: 525.09mg CARB: 71.27g FIBER: 3.8g PROTEIN: 16.99g
<u><b>GHS</b></u> Egg, Bacon* and Cheese on an English Muffin Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>GHS</b></u> Eggstravaganza* w/Hash Brown Patty Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>GHS</b></u> Egg, Sausage* and Cheese Croissant Sandwich Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>GHS</b></u> Yogurt Fruit Parfait w/Granola Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	<u><b>GHS</b></u> Cheese Omelet Tortilla Sandwich Or Assorted Breakfast Cereal Chilled Fruit Juice & Milk	CAL: 467 TOTAL FAT: 11.32g CHOL: 105mg SODIUM: 566.784mg CARB: 74.19g FIBER: 3.8g PROTEIN: 19.09g

If your child does not wish to have the option above, each morning students may choose from an array of cereal bars or muffins paired with protein choices including a cheese stick, yogurt or a hard-boiled egg (depending on availability), plus all breads and grains are whole grain. Add fruit, juice and a milk and students are Ready! Set! Go!!! for a great start to the school day.

**A Note to Parents:** All enrolled students are welcome to our morning breakfast program. Breakfast at school offers a quieter time for students to be with classmates as well as a wide variety of students from other grades within their school. This opportunity may also help busy parents on those hectic school mornings when other priorities accelerate the morning routine.

This institution is an equal opportunity provider.