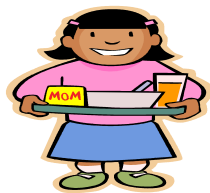


Germantown School District Weekly Breakfast Menu – December, 2017



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
<p><u>Elementary</u> Egg, Bacon* & Cheese on an English Muffin Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>Elementary</u> Warm Cinnamon Roll Twist w/2 Breakfast Sausages* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>Elementary</u> Scrambled Eggs, Crispy Hash Brown Patty & a Croissant Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>Elementary</u> Yogurt Parfait (Vanilla Yogurt, Strawberries & Granola) Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>Elementary</u> Breakfast Pizza Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p>CAL: 374 TOTAL FAT: 7.90g CHOL: 52.8mg SODIUM: 438.91mg CARB: 64.04g FIBER: 3.8g PROTEIN: 13.56g</p>
<p><u>KMS</u> Egg, Bacon* & Cheese on an English Muffin Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>KMS</u> Warm Cinnamon Roll Twist w 2 Breakfast Sausages* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>KMS</u> Scrambled Eggs, Crispy Hash Brown Patty & a Croissant Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>KMS</u> Yogurt Parfait (Vanilla Yogurt, Strawberries & Granola) w/String Cheese Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>KMS</u> Breakfast Pizza Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p>CAL: 432 TOTAL FAT: 9.38g CHOL: 60.8mg SODIUM: 508.55mg CARB: 72.25g FIBER: 4.1g PROTEIN: 16.59g</p>
<p><u>GHS</u> Egg, Bacon* & Cheese on an English Muffin Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>GHS</u> Warm Cinnamon Roll Twist w/2 Breakfast Sausages* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>GHS</u> Scrambled Eggs, Crispy Hash Brown Patty & a Croissant Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>GHS</u> Egg, Ham* & Cheese Bagel Sandwich Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>GHS</u> Egg, Sausage* & Cheese Biscuit Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p>CAL: 485 TOTAL FAT: 11.42g CHOL: 98.5mg SODIUM: 631.37mg CARB: 78.08g FIBER: 4.7g PROTEIN: 20.35g</p>

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). 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.