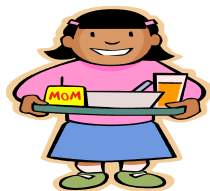


Germantown School District Weekly Breakfast Menu – February, 2018



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
<p><u>Elementary</u> Breakfast Pizza Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>Elementary</u> Fluffy Eggo Pancakes w/Breakfast Sausage & Hash Brown Patty Or Assorted Breakfast Cereal Juice & Milk</p>	<p><u>Elementary</u> Mini Powdered Sugar or Chocolate Donuts w/Trix Yogurt Cup Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>Elementary</u> Ultimate Breakfast Round w/String Cheese Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>Elementary</u> Eggstravaganza w/Hash Brown Patty Or Assorted Breakfast Cereal Seasonal Fresh Fruit Juice & Milk</p>	<p>CAL: 418 TOTAL FAT: 10.94g CHOL: 45.9mg SODIUM: 480.4mg CARB: 67.11g FIBER: 3.9g PROTEIN: 13.54g</p>
<p><u>KMS</u> Breakfast Pizza Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>KMS</u> Fluffy Eggo Pancakes w/Breakfast Sausage & Hash Brown Patty Or Assorted Breakfast Cereal Juice & Milk</p>	<p><u>KMS</u> Egg, Ham* and Cheese Croissant Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>KMS</u> Ultimate Breakfast Round w/String Cheese Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>KMS</u> Eggstravaganza w/Hash Brown Patty Or Assorted Breakfast Cereal Seasonal Fresh Fruit Juice & Milk</p>	<p>CAL: 440 TOTAL FAT: 11.29g CHOL: 55.6mg SODIUM: 575.48mg CARB: 69.30g FIBER: 4.1g PROTEIN: 16.38g</p>
<p><u>GHS</u> Breakfast Pizza Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>GHS</u> Fluffy Eggo Pancakes w/Breakfast Sausage & Hash Brown Patty Or Assorted Breakfast Cereal Juice & Milk</p>	<p><u>GHS</u> Egg, Ham* and Cheese Croissant Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</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> Eggstravaganza w/Hash Brown Patty Or Assorted Breakfast Cereal Seasonal Fresh Fruit Juice & Milk</p>	<p>CAL: 471 TOTAL FAT: 12.07g CHOL: 74.02mg SODIUM: 637.66mg CARB: 74.04g FIBER: 4.2g PROTEIN: 17.93g</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.