

Germantown School District Weekly Breakfast Menu – January, 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. Nutritional
<p><u>Elementary</u> Egg, Ham* & Cheese Biscuit Sandwich Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>Elementary</u> Eggstravaganza Croissant Sandwich* Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p><u>Elementary</u> Mini Chocolate Chip French Toast with 2/Breakfast Sausages* Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>Elementary</u> Pillsbury Chocolate Filled Crescent Roll w/String Cheese Or Assorted Breakfast Cereal Bag of Craisins Juice & Milk</p>	<p><u>Elementary</u> Yogurt Parfait (Vanilla Yogurt, Strawberries & Granola) Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p>CAL: 417 TOTAL FAT: 9.75g CHOL: 62.0mg SODIUM: 538.71mg CARB: 67.14g FIBER: 3.4g PROTEIN: 15.88g</p>
<p><u>KMS</u> Egg, Ham* & Cheese Biscuit Sandwich Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>KMS</u> Eggstravaganza Croissant Sandwich* Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p><u>KMS</u> Mini Chocolate Chip French Toast with 2/Breakfast Sausages* Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>KMS</u> Pillsbury Chocolate Filled Crescent Roll w/String Cheese Or Assorted Breakfast Cereal Bag of Craisins Juice & Milk</p>	<p><u>KMS</u> Yogurt Parfait (Vanilla Yogurt, Strawberries & Granola) Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p>CAL: 447 TOTAL FAT: 10.79g CHOL: 70.7mg SODIUM: 582.66mg CARB: 71.14g FIBER: 3.6g PROTEIN: 17.26g</p>
<p><u>GHS</u> Egg, Ham* & Cheese Biscuit Sandwich Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>GHS</u> Eggstravaganza Tortilla Sandwich* Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p><u>GHS</u> Egg, Bacon* & Cheese Bagel Sandwich Or Assorted Breakfast Cereal Chilled Applesauce Juice & Milk</p>	<p><u>GHS</u> Egg, Sausage* & Cheese on an English Muffin Or Assorted Breakfast Cereal Bag of Craisins Juice & Milk</p>	<p><u>GHS</u> Cinnamon French Toast w/2 Breakfast Sausage Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p>CAL: 502 TOTAL FAT: 11.71g CHOL: 104.2mg SODIUM: 634.98mg CARB: 81.05g FIBER: 4.4g PROTEIN: 19.96g</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.