

# Germantown School District Weekly Breakfast Menu – March, 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><b><u>Elementary</u></b>                      Dutch Waffle w/2 Breakfast Sausages*                      Or                      Assorted Breakfast Cereal                      Chilled Applesauce Juice &amp; Milk</p>	<p><b><u>Elementary</u></b>                      Pillsbury Chocolate Filled Crescent Roll w/Trix Yogurt Cup                      Or                      Assorted Breakfast Cereal                      Fresh Fruit Juice &amp; Milk</p>	<p><b><u>Elementary</u></b>                      Scrambled Egg Croissant Sandwich w/Hash Brown Patty                      Or                      Assorted Breakfast Cereal                      Chilled Fruit Juice &amp; Milk</p>	<p><b><u>Elementary</u></b>                      Egg, Sausage* &amp; Cheese Croissant Sandwich                      Or                      Assorted Breakfast Cereal                      Chilled Fruit Juice &amp; Milk</p>	<p><b><u>Elementary</u></b>                      Yogurt Fruit Parfait w/Granola                      Or                      Assorted Breakfast Cereal                      Juice &amp; Milk</p>	<p>CAL: 440                      TOTAL FAT: 10.75g                      CHOL: 46.1mg                      SODIUM: 490.81mg                      CARB: 73.38g                      FIBER: 3.6g                      PROTEIN: 15.51g</p>
<p><b><u>KMS</u></b>                      Dutch Waffle w/2 Breakfast Sausages*                      Or                      Assorted Breakfast Cereal                      Chilled Applesauce Juice &amp; Milk</p>	<p><b><u>KMS</u></b>                      Pillsbury Chocolate Filled Crescent Roll w/Trix Yogurt Cup                      Or                      Assorted Breakfast Cereal                      Fresh Fruit Juice &amp; Milk</p>	<p><b><u>KMS</u></b>                      Scrambled Egg Croissant Sandwich w/Hash Brown Patty                      Or                      Assorted Breakfast Cereal                      Chilled Fruit Juice &amp; Milk</p>	<p><b><u>KMS</u></b>                      Egg, Sausage* &amp; Cheese Croissant Sandwich                      Or                      Assorted Breakfast Cereal                      Chilled Fruit Juice &amp; Milk</p>	<p><b><u>KMS</u></b>                      Yogurt Fruit Parfait w/Granola                      Or                      Assorted Breakfast Cereal                      Juice &amp; Milk</p>	<p>CAL: 463                      TOTAL FAT: 11.34g                      CHOL: 47.2mg                      SODIUM: 510.64mg                      CARB: 77.17g                      FIBER: 3.8g                      PROTEIN: 16.20g</p>
<p><b><u>GHS</u></b>                      Dutch Waffle w/2 Breakfast Sausages*                      Or                      Assorted Breakfast Cereal                      Chilled Applesauce Juice &amp; Milk</p>	<p><b><u>GHS</u></b>                      Egg, Bacon* &amp; Cheese on an English Muffin                      Or                      Assorted Breakfast Cereal                      Fresh Fruit Juice &amp; Milk</p>	<p><b><u>GHS</u></b>                      Eggstravaganza* Tortilla Wrap w/Hash Brown Patty                      Or                      Assorted Breakfast Cereal                      Chilled Fruit Juice &amp; Milk</p>	<p><b><u>GHS</u></b>                      Egg, Sausage* &amp; Cheese Croissant Sandwich                      Or                      Assorted Breakfast Cereal                      Chilled Fruit Juice &amp; Milk</p>	<p><b><u>GHS</u></b>                      Yogurt Fruit Parfait w/Granola                      Or                      Assorted Breakfast Cereal                      Juice &amp; Milk</p>	<p>CAL: 504                      TOTAL FAT: 13.56g                      CHOL: 77.0mg                      SODIUM: 602.54mg                      CARB: 78.76g                      FIBER: 4.2g                      PROTEIN: 19.24g</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), 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.