

Germantown School District Weekly Breakfast Menu – May, 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> Breakfast Pizza Or Assorted Breakfast Cereal String Cheese Applesauce Juice & Milk</p>	<p><u>Elementary</u> Cinnamon French Toast w/2 Breakfast Sausage* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>Elementary</u> Scrambled Eggs w/Hash Brown Patty Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>Elementary</u> Bag of Eggo Pancakes Or Assorted Breakfast Cereal String Cheese Applesauce Juice & Milk</p>	<p><u>Elementary</u> Donut Holes Or Assorted Breakfast Cereal Trix Yogurt Cup Fresh Fruit Juice & Milk</p>	<p>CAL: 424 TOTAL FAT: 10.89g CHOL: 60.8mg SODIUM: 492.11mg CARB: 68.3g FIBER: 4.3g PROTEIN: 14.25g</p>
<p><u>KMS</u> Breakfast Pizza w/Hash Brown Patty Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>KMS</u> Cinnamon French Toast w/2 Breakfast Sausage* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>KMS</u> Scrambled Eggs w/Hash Brown & Sausage* Patty Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>KMS</u> Egg, Ham* & Cheese Bagel Sandwich Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>KMS</u> EggStravaganza* (Scrambled Egg w/Bacon & Cheese) Croissant Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p>CAL: 443 TOTAL FAT: 12.18g CHOL: 111.6mg SODIUM: 576.76mg CARB: 67.16g FIBER: 3.7g PROTEIN: 17.43g</p>
<p><u>GHS</u> Egg, Sausage* & Cheese on an English Muffin w/Hash Brown Patty Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>GHS</u> Cinnamon French Toast w/2 Breakfast Sausage* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>GHS</u> Scrambled Eggs w/Hash Brown & Sausage* Patty 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> EggStravaganza* (Scrambled Egg w/Bacon & Cheese) Croissant Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p>CAL: 503 TOTAL FAT: 14.75g CHOL: 150.2mg SODIUM: 639.25mg CARB: 72.93g FIBER: 4.3g PROTEIN: 21.32g</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.