

Germantown School District Weekly Breakfast Menu – September, 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 Applesauce Juice & Milk</p>	<p><u>Elementary</u> Dutch Waffle Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>Elementary</u> Egg, Ham & Cheese Bagel Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>Elementary</u> Mini Cinis Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>Elementary</u> Donut Holes Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p>CAL: 424 TOTAL FAT: 8.91g CHOL: 43.8mg SODIUM: 479.711mg CARB: 73.27g FIBER: 3.6g PROTEIN: 14.87g</p>
<p><u>KMS</u> Egg, Bacon & Cheese on an English Muffin Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>KMS</u> Dutch Waffle Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>KMS</u> Egg, Ham & Cheese Bagel Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>KMS</u> Mini Cinis Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>KMS</u> Donut Holes Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p>CAL: 442 TOTAL FAT: 9.0g CHOL: 44.3mg SODIUM: 492.19mg CARB: 77.05g FIBER: 3.8g PROTEIN: 15.44g</p>
<p><u>GHS</u> Egg, Bacon & Cheese on an English Muffin Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>GHS</u> Dutch Waffle w/2Brkfst Sausage* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>GHS</u> Egg, Ham & Cheese Bagel Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>GHS</u> EggStravaganza* (Scrambled Egg w/Bacon & Cheese) Croissant Sandwich Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>GHS</u> Apple Stuffed Bosco Stick w/Cheese Omelet Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p>CAL: 515 TOTAL FAT: 12.955g CHOL: 116.7mg SODIUM: 630.48mg CARB: 81.92g FIBER: 4.6g PROTEIN: 19.78g</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.