

Germantown School District Weekly Breakfast Menu – April, 2019



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 8:25 – 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> UBR Ultimate Breakfast Round w/String Cheese Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>Elementary</u> WG French Toast Sticks w/Sausage Patty* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>Elementary</u> Egg, Ham & Cheese on English Muffin Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>Elementary</u> Dutch Waffle w/Breakfast Sausage* Or Assorted Breakfast Cereal Assorted Fruit Juice & Milk</p>	<p><u>Elementary</u> WG Breakfast Donut w/Trix Yogurt Cup Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	CAL: 424 TOTAL FAT: 9.7g CHOL: 58.5mg SODIUM: 449.6mg CARB: 72.28g FIBER: 4.3g PROTEIN: 14.03g
<p><u>KMS</u> Breakfast Burrito Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>KMS</u> WG French Toast Sticks w/Sausage Patty* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>KMS</u> Egg, Ham & Cheese on English Muffin Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>KMS</u> Eggstravaganza* Croissant Sandwich Or Assorted Breakfast Cereal Assorted Fruit Juice & Milk</p>	<p><u>KMS</u> WG Breakfast Donut w/Trix Yogurt Cup Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	CAL: 466 TOTAL FAT: 10.45g CHOL: 120.7mg SODIUM: 531.25mg CARB: 77.72g FIBER: 4.3g PROTEIN: 17.82g
<p><u>GHS</u> Breakfast Burrito Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>GHS</u> WG French Toast Sticks w/Sausage Patty* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>GHS</u> Egg, Ham & Cheese on English Muffin Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>GHS</u> Eggstravaganza* Croissant Sandwich Or Assorted Breakfast Cereal Assorted Fruit Juice & Milk</p>	<p><u>GHS</u> Breakfast Sausage Bites* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	CAL: 475 TOTAL FAT: 11.76g CHOL: 125.8mg SODIUM: 602.41g CARB: 76.26g FIBER: 4.4g PROTEIN: 18.47g

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.