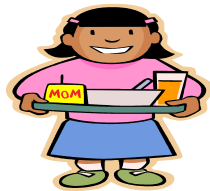


# Germantown School District Weekly Breakfast Menu – February, 2019



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><b><u>Elementary</u></b> Eggo Mini Confetti Bite Pancakes w/Breakfast Sausages* Or Assorted Breakfast Cereal Applesauce Juice &amp; Milk</p>	<p><b><u>Elementary</u></b> Ultimate Breakfast Granola Round w/String Cheese or Hard Boiled Egg Or Assorted Breakfast Cereal Fresh Fruit Juice &amp; Milk</p>	<p><b><u>Elementary</u></b> Eggstravaganza* w/Crispy Hash Brown Patty Or Assorted Breakfast Cereal Applesauce Juice &amp; Milk</p>	<p><b><u>Elementary</u></b> Turkey Sausage Breakfast Pizza Or Assorted Breakfast Cereal Assorted Fruit Juice &amp; Milk</p>	<p><b><u>Elementary</u></b> Whole Grain Breakfast Donut w/String Cheese or Hard Boiled Egg Or Assorted Breakfast Cereal Fresh Fruit Juice &amp; Milk</p>	<p>CAL: 421 TOTAL FAT: 11.92g CHOL: 66.7mg SODIUM: 476.18mg CARB: 65.9g FIBER: 4.3g PROTEIN: 14.28g</p>
<p><b><u>KMS</u></b> Eggo Mini Confetti Bite Pancakes w/Breakfast Sausages* Or Assorted Breakfast Cereal Applesauce Juice &amp; Milk</p>	<p><b><u>KMS</u></b> Egg, Ham* and Cheese Bagel Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice &amp; Milk</p>	<p><b><u>KMS</u></b> Eggstravaganza* w/Crispy Hash Brown Patty Or Assorted Breakfast Cereal Applesauce Juice &amp; Milk</p>	<p><b><u>KMS</u></b> Turkey Sausage Breakfast Pizza Or Assorted Breakfast Cereal Assorted Fruit Juice &amp; Milk</p>	<p><b><u>KMS</u></b> Whole Grain Breakfast Donut w/String Cheese or Hard Boiled Egg Or Assorted Breakfast Cereal Fresh Fruit Juice &amp; Milk</p>	<p>CAL: 465 TOTAL FAT: 12.99g CHOL: 74.0mg SODIUM: 525.2mg CARB: 72.92g FIBER: 4.6g PROTEIN: 16.13g</p>
<p><b><u>GHS</u></b> Egg, Sausage and Cheese Sandwich on English Muffin Or Assorted Breakfast Cereal Applesauce Juice &amp; Milk</p>	<p><b><u>GHS</u></b> Breakfast Burrito Or Assorted Breakfast Cereal Fresh Fruit Juice &amp; Milk</p>	<p><b><u>GHS</u></b> Eggstravaganza* w/Crispy Hash Brown Patty Or Assorted Breakfast Cereal Applesauce Juice &amp; Milk</p>	<p><b><u>GHS</u></b> Turkey Sausage Breakfast Pizza Or Assorted Breakfast Cereal Assorted Fruit Juice &amp; Milk</p>	<p><b><u>GHS</u></b> Egg, Ham* and Cheese Bagel Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice &amp; Milk</p>	<p>CAL: 486 TOTAL FAT: 10.65g CHOL: 113mg SODIUM: 603.12mg CARB: 80.41g FIBER: 5.5g PROTEIN: 20.85g</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.