

# Germantown School District Weekly Breakfast Menu – March, 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><br/>Pillsbury Chocolate Filled Crescent Roll w/String Cheese<br/>Or<br/>Assorted Breakfast Cereal<br/>Applesauce<br/>Juice &amp; Milk</p> | <p><b><u>Elementary</u></b><br/>Breakfast Sausage Bites<br/>Or<br/>Assorted Breakfast Cereal<br/>Fresh Fruit<br/>Juice &amp; Milk</p>                    | <p><b><u>Elementary</u></b><br/>Scrambled Eggs w/Crispy Hash Brown Patty<br/>Or<br/>Assorted Breakfast Cereal<br/>Applesauce<br/>Juice &amp; Milk</p> | <p><b><u>Elementary</u></b><br/>Yogurt Parfait w/Berries<br/>Or<br/>Assorted Breakfast Cereal<br/>Assorted Fruit<br/>Juice &amp; Milk</p>      | <p><b><u>Elementary</u></b><br/>Mini Powdered Sugar or Chocolate Donuts w/String Cheese or Hard Boiled Egg<br/>Or<br/>Assorted Breakfast Cereal<br/>Fresh Fruit<br/>Juice &amp; Milk</p> | <p>CAL: 360<br/>TOTAL FAT: 8.32g<br/>CHOL: 45.5mg<br/>SODIUM: 370.45mg<br/>CARB: 61.9g<br/>FIBER: 3.2g<br/>PROTEIN: 12.02g</p>   |
| <p><b><u>KMS</u></b><br/>Turkey Sausage Breakfast Pizza<br/>Or<br/>Assorted Breakfast Cereal<br/>Applesauce<br/>Juice &amp; Milk</p>                                  | <p><b><u>KMS</u></b><br/>Breakfast Sausage Bites<br/>Or<br/>Assorted Breakfast Cereal<br/>Fresh Fruit<br/>Juice &amp; Milk</p>                           | <p><b><u>KMS</u></b><br/>Scrambled Eggs w/Crispy Hash Brown Patty<br/>Or<br/>Assorted Breakfast Cereal<br/>Applesauce<br/>Juice &amp; Milk</p>        | <p><b><u>KMS</u></b><br/>Yogurt Parfait w/Berries<br/>Or<br/>Assorted Breakfast Cereal<br/>Assorted Fruit<br/>Juice &amp; Milk</p>             | <p><b><u>KMS</u></b><br/>Pillsbury Chocolate Filled Crescent Roll w/String Cheese<br/>Or<br/>Assorted Breakfast Cereal<br/>Fresh Fruit<br/>Juice &amp; Milk</p>                          | <p>CAL: 409<br/>TOTAL FAT: 8.44g<br/>CHOL: 45.2mg<br/>SODIUM: 434.34mg<br/>CARB: 71.93g<br/>FIBER: 3.8g<br/>PROTEIN: 14.21g</p>  |
| <p><b><u>GHS</u></b><br/>Cheese Omelet w/Crispy Hash Brown Patty<br/>Or<br/>Assorted Breakfast Cereal<br/>Applesauce<br/>Juice &amp; Milk</p>                         | <p><b><u>GHS</u></b><br/>Egg, Sausage &amp; Cheese English Muffin Sandwich<br/>or<br/>Assorted Breakfast Cereal<br/>Fresh Fruit<br/>Juice &amp; Milk</p> | <p><b><u>GHS</u></b><br/>Cinnamon French Toast w/2 Breakfast Sausages*<br/>Or<br/>Assorted Breakfast Cereal<br/>Applesauce<br/>Juice &amp; Milk</p>   | <p><b><u>GHS</u></b><br/>Egg, Ham &amp; Cheese Bagel Sandwich<br/>Or<br/>Assorted Breakfast Cereal<br/>Assorted Fruit<br/>Juice &amp; Milk</p> | <p><b><u>GHS</u></b><br/>EggStravaganza*<br/>Croissant Sandwich<br/>Or<br/>Assorted Breakfast Cereal<br/>Fresh Fruit<br/>Juice &amp; Milk</p>  | <p>CAL: 505<br/>TOTAL FAT: 12.88g<br/>CHOL: 125.3mg<br/>SODIUM: 635.00g<br/>CARB: 79.78g<br/>FIBER: 4.7g<br/>PROTEIN: 20.93g</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.