

Germantown School District Weekly Breakfast Menu – September, 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 - \$2.00 KMS - \$2.00 GHS - \$2.00 Adult & Staff \$2.50

All students eligible for free price meals receive a free breakfast each day. Students eligible for reduced price meals will receive breakfast for \$.30 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 Applesauce Juice & Milk</p>	<p><u>Elementary</u> French Toast w/Breakfast Sausage* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>Elementary</u> Scrambled Eggs w/Crispy Hash Brown Patty Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>Elementary</u> Eggo Mini Confetti Bite Pancakes w/Breakfast Sausages* Or Assorted Breakfast Cereal Assorted Fruit Juice & Milk</p>	<p><u>Elementary</u> WG Breakfast Donut w/String Cheese Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p>CAL: 413 TOTAL FAT: 11.26g CHOL: 56.3mg SODIUM: 445.69mg CARB: 66.76g FIBER: 3.8g PROTEIN: 13.45g</p>
<p><u>KMS</u> Breakfast Pizza Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>KMS</u> French Toast w/Breakfast Sausage* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>KMS</u> Scrambled Eggs w/Crispy Hash Brown Patty Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>KMS</u> Eggo Mini Confetti Bite Pancakes w/Breakfast Sausages* Or Assorted Breakfast Cereal Assorted Fruit Juice & Milk</p>	<p><u>KMS</u> WG Breakfast Donut w/String Cheese Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p>CAL: 487 TOTAL FAT: 13.76g CHOL: 71.6mg SODIUM: 530.53mg CARB: 76.69g FIBER: 4.2g PROTEIN: 16.85g</p>
<p><u>GHS</u> Egg, Bacon* & Cheese on an English Muffin Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>GHS</u> French Toast w/Breakfast Sausage* Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>GHS</u> Scrambled Eggs w/Crispy Hash Brown Patty Or Assorted Breakfast Cereal Applesauce Juice & Milk</p>	<p><u>GHS</u> Egg, Sausage & Cheese on an English Muffin Or Assorted Breakfast Cereal Assorted Fruit Juice & Milk</p>	<p><u>GHS</u> Egg, Ham* & Cheese on a Croissant Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p>CAL: 457 TOTAL FAT: 8.65g CHOL: 62.4mg SODIUM: 522.85g CARB: 79.91g FIBER: 4.5g PROTEIN: 17.56g</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.