

# April 2018

## MIDWEST CENTRAL Middle School Breakfast Menu



Join us for a  
Healthy  
Breakfast

Selection Available Daily  
Fruit Yogurt w/Toast  
Assorted Breakfast Bars  
Pop Tarts  
Mini Donuts  
Fruit Smoothie/Parfaits  
Apple or Cherry Frudel  
  
Variety of Fresh Fruit  
Canned Fruit  
100% Fruit Juice

Need to top-up your  
child's account?  
Send a check payable to  
**Midwest Central SD 191**  
OR  
Go online at [www.teacherease.com](http://www.teacherease.com)  
& log into your student's account

### Questions

Call Mary Hill  
Food Service Manager  
309-968-6464 X 257

Menu changes may be necessary. Notice will be given when possible.  
A comprehensive Nutrition & Allergy Guide  
is available in the Food Service Office.



For more information  
or to "Ask the Dietitian",  
check out our website!

	Monday	Tuesday	Wednesday	Thursday	Friday
2	NO SCHOOL	3 WILD BERRY BREAD  FRUIT CHOICE	4 CHEESE OMELET W/TOAST  FRUIT CHOICE	5 STRAWBERRY PANCAKES  FRUIT CHOICE	6 BISCUITS & GRAVY  FRUIT CHOICE
9	MINI MAPLE WAFFLES  FRUIT CHOICE	10 *SAVORY SAUSAGE BISCUIT  FRUIT CHOICE	11 BREAKFAST PIZZA  FRUIT CHOICE	12 BREAKFAST WRAP  FRUIT CHOICE	13 WAFFLES  FRUIT CHOICE
16	BISCUITS & GRAVY  FRUIT CHOICE	17 BREAKFAST CHICKEN BISCUIT  FRUIT CHOICE	18 SAUSAGE BAGEL  FRUIT CHOICE	19 *PANCAKE WRAP  FRUIT CHOICE	20 BREAKFAST PIZZA  FRUIT CHOICE
23	*HAM & CHEESE BISCUIT  FRUIT CHOICE	24 WILD BERRY BREAD  FRUIT CHOICE	25 CHEESE OMELET W/TOAST  FRUIT CHOICE	26 STRAWBERRY PANCAKES  FRUIT CHOICE	27 BISCUITS & GRAVY  FRUIT CHOICE
30	MINI MAPLE WAFFLES  FRUIT CHOICE		<b>MIDWEST CENTRAL IS PROVIDING BREAKFAST AT NO CHARGE TO ALL STUDENTS.</b>		<p style="text-align: center;"><b>Milk</b> Offered Daily: w/meal or 35¢ a la carte</p> <p>Fat Free Flavored Fat Free White 1% White</p>

(\*) Contains Pork