

January 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
 & 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
1	NO SCHOOL	NO SCHOOL	CHEESE OMELET W/TOAST FRUIT CHOICE	STRAWBERRY PANCAKES FRUIT CHOICE	BISCUITS & GRAVY FRUIT CHOICE
8	MINI MAPLE WAFFLES FRUIT CHOICE	*SAVORY SAUSAGE BISCUIT FRUIT CHOICE	BREAKFAST PIZZA FRUIT CHOICE	BREAKFAST WRAP FRUIT CHOICE	WAFFLES FRUIT CHOICE
15	NO SCHOOL MARTIN LUTHER KING DAY	BREAKFAST CHICKEN BISCUIT FRUIT CHOICE	SAUSAGE BAGEL FRUIT CHOICE	*PANCAKE WRAP FRUIT CHOICE	BREAKFAST PIZZA FRUIT CHOICE
22	*HAM & CHEESE BISCUIT FRUIT CHOICE	WILD BERRY BREAD FRUIT CHOICE	CHEESE OMELET W/TOAST FRUIT CHOICE	STRAWBERRY PANCAKES FRUIT CHOICE	BISCUITS & GRAVY FRUIT CHOICE
29	MINI MAPLE WAFFLES FRUIT CHOICE	*SAVORY SAUSAGE BISCUIT FRUIT CHOICE	BREAKFAST PIZZA FRUIT CHOICE	Milk Offered Daily: w/meal or 35¢ a la carte Fat Free Flavored Fat Free White 1% White	MIDWEST CENTRAL IS PROVIDING BREAKFAST AT NO CHARGE TO ALL STUDENTS.

(*) Contains Pork