

October

2017

MIDWEST CENTRAL Middle School Breakfast Menu

arbor Management Inc.



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
	2	3	4	5	6
	*HAM & CHEESE BISCUIT	WILD BERRY BREAD	CHEESE OMELET W/TOAST	STRAWBERRY PANCAKES	BISCUITS & GRAVY
	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE
	9	10	11	12	13
	NO SCHOOL COLUMBUS DAY	*SAVORY SAUSAGE BISCUIT	BREAKFAST PIZZA	BREAKFAST WRAP	WAFFLES
	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE
	16	17	18	19	20
	BISCUITS & GRAVY	BREAKFAST CHICKEN BISCUIT	SAUSAGE BAGEL	*PANCAKE WRAP	BREAKFAST PIZZA
	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE
	23	24	25	26	27
	*HAM & CHEESE BISCUIT	WILD BERRY BREAD	CHEESE OMELET W/TOAST	STRAWBERRY PANCAKES	NO SCHOOL PARENT / TEACHER CONFERENCES
	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	
	30	31			
	MINI MAPLE WAFFLES	*SAVORY SAUSAGE BISCUIT			
	FRUIT CHOICE	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