

# Spotsylvania County Public Schools

## Middle School Breakfast Menu August 2019

\*Menu Subject to change based on  
availability\*

**Note:** Students may take one entrée,  
up to 1 cup of fruit and one milk



*USDA is an Equal Opportunity  
Provider and Employer.*



### MENU CHOICES

#### Monday

Sausage Biscuit

#### Tuesday

\*NEW\* Fresh Baked Cinnamon Roll  
Fruit Smoothie w/wo Graham Cracker

#### Wednesday

Breakfast Sausage Pizza

#### Thursday

Pancake & Sausage Wrap  
Fruit Smoothie w/wo Graham Cracker

#### Friday

Egg Omelet w/wo Biscuit  
Whole Grain Donut

#### **DAILY GRAB-N-GO CHOICES:**

Cinni Mini's, Fruit Frudel, Mini Pancakes  
Fruit & Yogurt Parfait w/wo Granola  
Assorted Cereal or Cereal Bar w/wo choice of Graham  
Crackers or String Cheese  
WG Muffin w/wo String Cheese

#### **DAILY FRUIT CHOICES:**

- Fresh Apple or Apple Slices, Orange, Banana  
-100% Fruit Juice Cup