

**FOR A COMPLETE BREAKFAST: Choose from the choices listed below to total 3 Items – 1 item MUST be a FRUIT**

**Yogurt Parfait w/fruit & granola (3 items) *Good to Go...* counts as a complete breakfast**

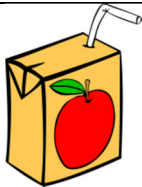
**OR Choose any combination below to = 3 items (1 item must be a fruit)**

**MUST Choose a FRUIT:**

(1-2 items )

May take two *different* items

Mott's Juice Box *or*  
Fresh Fruit *or*  
Cupped Fruit



**May choose Milk: (1 item)**

Skim Milk  
1% Milk  
Strawberry Milk  
Chocolate Milk



**GRAIN: each choice = 2 items**

**Bagel w/cream cheese or peanut Butter**

**Chocolate Chip Muffin**



**Benefit Bar:** Banana Chunk, Choc. Chip,

Apple

Mini Glazed **Donut Bites**



Glazed **Cinnamon Roll**

**Banana Bread Slice**

**Cereal Bowl:** Cocoa Puffs, Honey Nut Cheerios

Cinnamon Toast Crunch



*Soft Filled* **Cocoa Puffs Bar**

*Soft Filled* **Cinnamon Toast Crunch Bar**

**MIDDLE SCHOOL BREAKFAST CHOICES: 2018-2019**