



**January 2019  
Prairie Wind Middle School  
Breakfast Menu**

All meals include choice of  
Chocolate Skim, 1% or Skim Milk

		1 <b>Breakfast Burrito</b> Fruit Juice Milk	2 <b>Dutch Waffle</b> Fruit Juice Milk	3 <b>French Toast Sticks/Syrup</b> Fruit Juice Milk
7 <b>Granola Bar or Cold Cereal Cheese Stick</b> Fruit Juice Milk	8 <b>French Toast Sticks/Syrup</b> Fruit Juice Milk	9 <b>Cinnamon Roll</b> Fruit Juice Milk	10 <b>Breakfast Pizza</b> Fruit Juice Milk	11 <b>Yogurt Parfait</b> Fruit Juice Milk
14 <b>Cereal Bar or Cold Cereal Cheese Stick</b> Fruit Juice Milk	15 <b>Breakfast Pizza</b> Fruit Juice Milk	16 <b>Cinni Minis</b> Fruit Juice Milk	17 <b>Sausage &amp; Cheese Breakfast Sandwich</b> Fruit/Juice Milk	18 <b>Mini Donuts Cheese Stick</b> Fruit Juice Milk
21 <b>NO SCHOOL TEACHER WORKSHOP</b>	22 <b>French Toast Sticks/Syrup Sausage Link</b> Fruit Juice Milk	23 <b>Breakfast Sandwich</b> Fruit Juice Milk	24 <b>Cinnamon Roll</b> Fruit Juice Milk	25 <b>Min Pancakes Syrup</b> Fruit Juice Milk
28 <b>Cereal Bar or Cold Cereal Cheese Stick</b> Fruit Juice Milk	29 <b>Sausage &amp; Cheese Breakfast Sandwich</b> Fruit/Juice Milk	30 <b>Biscuits &amp; Gravy</b> Fruit Juice Milk	31 <b>French Toast Sticks/Syrup Sausage Link</b> Fruit Juice Milk	

**OFFER**

Cold Cereal will be offered daily

**FYI**

**MENUS  
SUBJECT TO  
CHANGE**

**Nutrition Fact**

Start your day right with a healthy breakfast