February 2019 Prairie Wind Middle School Breakfast Menu



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

Breakfast Pizza Fruit Juice Milk 8 4 6 Muffin or Pancake On A **Breakfast Dutch Waffle French Toast Cold Cereal** Stick **Burrito** Fruit Sticks/Syrup Juice Fruit Fruit Cheese Stick Fruit Milk Juice Juice Juice Fruit Milk Juice Milk Milk Milk 15 12 13 11 Granola Bar or French Toast Cinnamon Roll **Breakfast Pizza Cold Cereal** Sticks/Syrup Fruit Fruit NO SCHOOL Juice Juice **Cheese Stick** Fruit **TEACHER** Milk Milk Fruit Juice **WORKSHOP** Juice Milk Milk 18 19 20 22 21 **Cereal Bar or Breakfast Pizza Cinni Minis** Sausage & **Mini Donuts Cold Cereal** Fruit Fruit Cheese **Cheese Stick** Juice **Cheese Stick** Juice Breakfast Fruit Milk Fruit Milk Juice Sandwich Juice Milk Fruit/Juice Milk Milk 25 27 28 Muffin or **French Toast Breakfast Cinnamon Roll** Fruit **Cold Cereal** Sticks/Syrup Sandwich Juice Fruit **Cheese Stick** Sausage Link Milk Juice Fruit Fruit Milk Juice Juice

OFFER

Milk

Milk

Cold Cereal will be offered daily

FYI

MENUS SUBJECT TO CHANGE

Nutrition Fact

Start your day right with a healthy breakfast