

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



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

<p align="right">2</p> <p><b>NO SCHOOL LABOR DAY</b></p>	<p align="right">3</p> <p><b>French Toast Sticks/Syrup Sausage Link</b> Fruit Juice Milk</p>	<p align="right">4</p> <p><b>Breakfast Pizza</b> Fruit Juice Milk</p>	<p align="right">5</p> <p><b>Oatmeal Breakfast Bar Cheese Stick</b> Fruit Juice Milk</p>	<p align="right">6</p> <p><b>Cinni-Minis</b> Fruit Juice Milk</p>
<p align="right">9</p> <p><b>Cereal Bar or Cold Cereal Cheese Stick</b> Fruit Juice Milk</p>	<p align="right">10</p> <p><b>Sausage &amp; Cheese Breakfast Sandwich</b> Fruit/Juice Milk</p>	<p align="right">11</p> <p><b>Mini Cream Cheese Filled Bagel Bites</b> Fruit Juice Milk</p>	<p align="right">12</p> <p><b>Cinnamon Roll</b> Fruit Juice Milk</p>	<p align="right">13</p> <p><b>Breakfast Pizza</b> Fruit Juice Milk</p>
<p align="right">16</p> <p><b>Muffin or Cold Cereal Yogurt</b> Fruit Juice Milk</p>	<p align="right">17</p> <p><b>Donut Cheese Stick</b> Fruit Juice Milk</p>	<p align="right">18</p> <p><b>Breakfast Pizza</b> Fruit Juice Milk</p>	<p align="right">19</p> <p><b>Dutch Waffle</b> Fruit Juice Milk</p>	<p align="right">20</p> <p><b>Biscuits &amp; Gravy</b> Fruit Juice Milk</p>
<p align="right">23</p> <p><b>Granola Bar or Cold Cereal Cheese Stick</b> Fruit Juice Milk</p>	<p align="right">24</p> <p><b>Mini Pancakes Syrup</b> Fruit Juice Milk</p>	<p align="right">25</p> <p><b>Yogurt Parfait</b> Fruit Juice Milk</p>	<p align="right">26</p> <p><b>Banana Bread Cheese Stick</b> Fruit Juice Milk</p>	<p align="right">27</p> <p><b>French Toast Sticks/Syrup</b> Fruit Juice Milk</p>
<p align="right">30</p> <p><b>Pop Tart Or Cold Cereal Cheese Stick</b> Fruit Juice Milk</p>				

**OFFER**

Cold Cereal will be  
offered daily

**FYI**

**MENUS  
SUBJECT TO  
CHANGE**

**Nutrition Fact**

Start your day  
right with a  
healthy  
breakfast