

WELCOME  
BACK



# Hernando County Schools

## Middle School Breakfast Menu

### WELCOME BACK!

We're so happy to see you and hope you will join us often this year for delicious food that's good for you too!

**EAT BETTER  
PLAY HARDER  
LIVE HEALTHIER  
LEARN FASTER**

**WELLNESS IS A  
WAY OF LIFE!**



### MONDAY'S

Choice of:

**Pizza Bagel w/ Goldfish Pretzels**  
Hot melted cheese and pizza sauce on a hearty bagel, served with a pretzel snack

OR

**Cereal w/Goldfish Pretzels**  
Assorted choice of cereal, served with a pretzel snack

### TUESDAY'S

Choice of:

**Chicken & Biscuit w/ Animal Crackers**  
Golden, fluffy biscuit with a crispy chicken patty, served with animal crackers

OR

**Breakfast Breaks**  
A fun, boxed breakfast which includes cereal, juice and a snack



### WEDNESDAY'S

Choice of:

**Breakfast Pizza w/ Stuffed Cheese Stick**  
Melted cheese & pizza sauce on a pizza crust, topped with sausage or bacon, served with a stuffed cheese stick

OR

**Cereal w/Mini Bagel**  
Assorted choice of cereal, served with a bagel snack



### THURSDAY'S

Choice of:

**Sausage Biscuit w/ Belly Bear Grahams**  
Golden, fluffy biscuit with a mild italian sausage patty, served with belly bear graham crackers

OR

**Breakfast Breaks**  
A fun, boxed breakfast which includes cereal, juice and a snack



### FRIDAY'S

Choice of:

**Pancake on a Stick w/ Cereal Bar**  
A mild italian sausage link snuggled in a pancake, served on a stick with a fruit filled cereal bar

OR

**Yogurt w/Cereal Bar**  
Fruit flavored yogurt served with a fruit-filled cereal bar

#### Offered Daily

Choice of 100% Fruit Juice  
Choice of Flavored & Unflavored Low Fat Milk

#### Breakfast Meal Pattern

Minimum: 2 Items  
Maximum: 3 Items

