FEBRUARY

Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
				good morning rise and shine	R I S E
3rd **Nutri-Grain Strawberry Cereal Bar with** Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk	**4th** **Low Fat String Cheese with Strawberry Yogurt** Chex Mix Apple Slices Apple Juice Milk	**5th** **Whole Grain Poptart Cinnamon** Bug Bites Fresh Banana Apple Juice Milk	**6th** **Cocoa Puff Cereal Bar** Bug Bites Apple Slices Apple Juice Milk	**7th** **Whole Grain Cherry Frudel** Fresh Banana Apple Juice Milk	S H I N E A N D
10th **Cinnamon Toast Crunch Cereal Bar** Bug Bites Apple Slices Apple Juice Milk	**11th** **Nutri-Grain Bar Strawberry** Teddy Grahams Apple Slices Apple Juice Milk	**12th** **Chocolate Chip Banana Benefit Bar** Fresh Banana Apple Juice Milk	**13th** **Whole Grain Poptart Cinnamon** Bug Bites Apple Slices Apple Juice Milk	**14th** **In Service Day Schools Closed**	E A T A
17th **President's Day Schools Closed**	**18th** **Trix Cereal Bar** Teddy Grahams Apple Slices Apple Juice Milk	**19th** **Whole Grain Bagel with Sunbutter** Fresh Banana Apple Juice Milk	**20th** **Cocoa Puff Cereal Bar** Bug Bites Apple Slices Apple Juice Milk	**21st** **Whole Grain Poptart Cinnamon** Oatmeal Bite S'mores Fresh Banana Apple Juice Milk	H E A L T H Y
24th **Oatmeal Chocolate Chip Cereal Bar** Teddy Grahams Apple Slices Apple Juice Milk	**25th** **Nutri-Grain Apple Cereal Bar with** Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk	**26th** **Whole Grain Chocolate Crescent** Fresh Banana Apple Juice Milk	**27th** **Whole Grain Poptart Frosted Fudge** Bug Bites Apple Slices Apple Juice Milk	**28th** **Whole Grain Mini Cinni Roll** Fresh Banana Apple Juice Milk	B R E A K F A S T

Upper Darby School District Middle School Breakfast Menu - All Student Have Access to Breakfast at No Cost!!
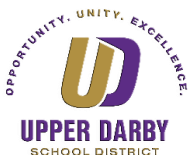
Low Fat Milk and Fresh Fruit Offered with Every Meal

Breakfast - A Great Way to Start Your Day

Menu Items Do Not Contain Pork Product
Menu Subject to Change without Notice