

JANUARY

Middle School Breakfast Menu

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Monday	Tuesday	Wednesday	Thursday	Friday	
		Winter Break Schools Closed	2nd Cocoa Puff Cereal Bar Bug Bites Apple Slices Apple Juice Milk	3rd Whole Grain Cherry Strudel Fresh Banana Apple Juice Milk	
6th	7th	8th	9th	10th	
Cinnamon Toast	Nutri-Grain Bar	Chocolate Chip	Early Dismissal	Whole Grain	Rise, Shine
Crunch Cereal Bar	Strawberry	Banana Benefit Bar	Whole Grain Poptart	Mini Cinni Roll	And Eat A
Bug Bites	Teddy Grahams	Fresh Banana	Cinnamon	Fresh Banana	
Apple Slices	Apple Slices	Apple Juice	Bug Bites	Apple Juice	Healthy
Apple Juice	Apple Juice	Milk	Apple Slices	Milk	Breakfast!
Milk	Milk		Apple Juice Milk		
13th	14th	15th	16th	17th	
Trix Cereal Bar	Whole Grain	Whole Grain Bagel	Cocoa Puff	Whole Grain PopTart	
Teddy Grahams	Apple Strudel	with Sunbutter	Cereal Bar	Cinnamon	
Apple Slices	Apple Slices	Fresh Banana	Bug Bites	Oatmeal Bite S'mores	
Apple Juice	Apple Juice	Apple Juice	Apple Slices	Apple Slices	
Milk	Milk	Milk	Apple Juice	Apple Juice	
			Milk	Milk	
20th	21st	22nd	23rd	24th	
	Nutri-Grain Apple	Whole Grain	Whole Grain Poptart	Whole Grain	
Martin Luther King	Cereal Bar with	Chocolate Crescent	Frosted Fudge	Mini Cinni Roll	
Holiday	Chocolate Chip	Fresh Banana	Bug Bites	Fresh Banana	
Schools Closed	Oatmeal Bites	Apple Juice	Apple Slices	Apple Juice	
	Apple Slices	Milk	Apple Juice	Milk	
	Apple Juice		Milk		
07.1	Milk	20.1	00.1	04 .	
27th	28th	29th	30th	31st	
Nutri-Grain Strawberry Cereal Bar with	Low Fat String Cheese with	Whole Grain Bagel with Cream Cheese	Whole Grain Poptart Strawberry	Trix Yogurt Bug Bites	
Chocolate Chip	Strawberry Yogurt	Fresh Banana	Teddy Grahams	Fresh Banana	
Oatmeal Bites	Chex Mix	Apple Juice	Apple Slices	Apple Juice	
Apple Slices	Apple Slices	Milk	Apple Juice	Milk	
Apple Juice	Apple Juice	1.41111	Milk	2.2111	thetines
Milk	Milk				refresh refuel relax

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

