



JANUARY

Middle School Breakfast Menu

| Monday | Tuesday | Wednesday | Thursday | Friday | <p>Rise, Shine And Eat A Healthy Breakfast!</p>  |
|---|--|---|---|---|--|
|  |  | 1st  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 Cinnamon Toast Crunch Cereal Bar Bug Bites Apple Slices Apple Juice Milk | 7th Nutri-Grain Bar Strawberry Teddy Grahams Apple Slices Apple Juice Milk | 8th Chocolate Chip Banana Benefit Bar Fresh Banana Apple Juice Milk | 9th Early Dismissal Whole Grain Poptart Cinnamon Bug Bites Apple Slices Apple Juice Milk | 10th Whole Grain Mini Cinni Roll Fresh Banana Apple Juice Milk | |
| 13th Trix Cereal Bar Teddy Grahams Apple Slices Apple Juice Milk | 14th Whole Grain Apple Strudel Apple Slices Apple Juice Milk | 15th Whole Grain Bagel with Sunbutter Fresh Banana Apple Juice Milk | 16th Cocoa Puff Cereal Bar Bug Bites Apple Slices Apple Juice Milk | 17th Whole Grain PopTart Cinnamon Oatmeal Bite S'mores Apple Slices Apple Juice Milk | |
| 20th Martin Luther King Holiday Schools Closed | 21st Nutri-Grain Apple Cereal Bar with Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk | 22nd Whole Grain Chocolate Crescent Fresh Banana Apple Juice Milk | 23rd Whole Grain Poptart Frosted Fudge Bug Bites Apple Slices Apple Juice Milk | 24th Whole Grain Mini Cinni Roll Fresh Banana Apple Juice Milk | |
| 27th Nutri-Grain Strawberry Cereal Bar with Chocolate Chip Oatmeal Bites Apple Slices Apple Juice Milk | 28th Low Fat String Cheese with Strawberry Yogurt Chex Mix Apple Slices Apple Juice Milk | 29th Whole Grain Bagel with Cream Cheese Fresh Banana Apple Juice Milk | 30th Whole Grain Poptart Strawberry Teddy Grahams Apple Slices Apple Juice Milk | 31st Trix Yogurt Bug Bites Fresh Banana Apple Juice Milk | |

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

