

6th Grade – 2th Grade Breakfast Menu 21-22

Poptart Variety Breakfast Parfait

French Toast Sticks

Breakfast Pizza

Pancake Wraps

Cinnamon Roll

Egg Mc Muffin

Breakfast Cookie 3oz.

Breakfast Bites

PB & J Sandwich

Snack Bread Assortment

Fresh Fruit Variety

100% Fruit Juice

Applesauce Cup

Syrup

Milk, Fat Free Choice

Cal 478
T.Fat 12.43 G
S.Fat 3.8 G
Chol 26.1 Mg
Sodm 514.70 Mg
Carb 79.86 G
Fiber 4.4 G
Prtn 14.04 G
Iron 2.72 Mg
Calc 292.26 Mg
Vit A 19.90 RE
Vit C 43.22 Mg

Get off to a

Good Start,

Eat Breakfast!