



OHIO COUNTY SCHOOLS – CHILD NUTRITION DEPARTMENT
SEPTEMBER 2017
MIDDLE SCHOOL BREAKFAST MENU

ALL STUDENTS MAY RECEIVE 1 FREE BREAKFAST MEAL PER DAY

Milk only or Extra Milk \$.40 Cash Only; Adults: \$4.00

Students must take at least 3 items, with one being a fruit or juice serving.

<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>FRIDAYS</u>
- September 11th September 18th September 25th	September 5th September 12th September 19th September 26th	September 6th September 13th September 20th September 27th	September 7th September 14th September 21st September 28th	September 8th September 15th September 22nd September 29th
Whole Grain Bagel with Cream Cheese and/or Assorted Jelly	Whole Grain Cherry Frudel	Whole Grain Cinnamon French Toast w/Syrup	Whole Grain Egg and Cheese Breakfast Sandwich	Whole Grain Bacon, Egg & Cheese Breakfast Pizza
Whole Grain Cereal Variety	Whole Grain Cereal Variety	Whole Grain Cereal Variety	Whole Grain Cereal Variety	Whole Grain Cereal Variety
Low Fat Yogurt	Low Fat Yogurt	Low Fat Yogurt	Low Fat Yogurt	Low Fat Yogurt
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Milk Variety	Milk Variety	Milk Variety	Milk Variety	Milk Variety

All meals include availability of water. Menus are subject to change.

This institution is an equal opportunity provider.

CHILD NUTRITION OFFICE: 304-243-0477

An alternative breakfast option may also be available at your school.

Please check at your individual school for more information.

