

# May 2016

## MIDWEST CENTRAL HIGH SCHOOL Breakfast Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
2	SCRAMBLED EGG BREAKFAST WRAP  CINNAMON APPLESAUCE	*SAVORY SAUSAGE BISCUIT  PINEAPPLE TIDBITS	4  BREAKFAST PIZZA  JUICY ORANGE	5  SCRAMBLED EGG BREAKFAST WRAP  CINNAMON APPLESAUCE	6  WAFFLES  PETIT BANANA
9	CHEESE OMELET W/TOAST  ROSY APPLESAUCE	10  BREAKFAST CHICKEN BISCUIT  JUICY ORANGE	11  CRUNCHY BAGEL W/JELLY  PETIT BANANA	12  *PANCAKE WRAP  CRISP APPLE	13  SAUSAGE GRAVY BREAKFAST PIZZA  PINEAPPLE TIDBITS
16	*HAM & CHEESE BISCUIT  CRISP APPLE	17  WILD BERRY BREAD  JUICY ORANGE	18  CHEESE OMELET W/TOAST  ROSY APPLESAUCE	19  STRAWBERRY PANCAKES  PETIT BANANA	20  COUNTRY BISCUITS & GRAVY  FRESH PEAR
23	MINI MAPLE WAFFLES  FRESH APPLE	24  *SAVORY SAUSAGE BISCUIT  PINEAPPLE TIDBITS	25  BREAKFAST PIZZA  JUICY ORANGE	<b>Have a safe &amp; fun Summer!</b>	
30	<h1>SUMMER BREAK</h1>				

**Breakfast \$1.15**  
(Milk included with meal)

**Milk 35¢**  
Offered Daily:  
Fat Free Flavored  
Fat Free White  
1% White

**Available Daily**  
Fruit Yogurt w/Toast  
Assorted Breakfast Bars  
Pop Tarts  
Mini Donuts  
Fresh Fruit Smoothies  
Fresh Fruit Parfaits  
Variety of Fresh Fruit  
Canned Fruit  
100% Fruit Juice

**Need to top-up your  
child's account?**  
Send a check payable to  
**Midwest Central SD 191**  
OR  
Go online at [www.teacherease.com](http://www.teacherease.com)  
& log into your student's account

**Questions**  
Call Mary Hill  
Food Service Manager  
309-968-6464 X 257

Menu changes may be necessary. Notice will be given when possible.  
**A comprehensive Nutrition & Allergy Guide  
is available in the Food Service Office.**

For more information  
or to "Ask the Dietitian",  
check out our website!

(\*) Contains Pork