



Weekly Morning Nutrition Menu 5th, 6th, 7th, 8th Grades

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| Monday | Notable Brand Breakfast in a Bag (Organic and whole grains) Milk |
| Tuesday | Hash Brown Potato or Egg in biscuit Fruit Milk |
| Wednesday | Bagel w/cream cheese OR Strawberry Pancake Pod Fruit or Juice Milk |
| Thursday | Peanut Butter with pretzels or PB&J Uncrustable Fruit or Juice Milk |
| Friday | Muffin or Roll with cheese stick OR yogurt with crackers Fruit or Juice Milk |