


James W. Parker Middle School Breakfast Menu

August 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---|--|--|---|
| | 27. Chocolate Fudge Pop Parts Chilled Juice or Fruit Choice of Milk | 28. Breakfast Sandwich Chilled Juice or Fruit Choice of Milk | 29. Mini Waffles Chilled Juice or Fruit Choice of Milk | 30. Mini Chocolate Donuts Chilled Juice or Fruit Choice of Milk |
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| | | | |  Whole Grains Available Daily |

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Alternate Options May Include:

- Assorted Muffins and Mini Loafs
- Assorted Cereal
- Warm Grab & Go Breakfast Sandwiches
- Fortified Breakfast Pastries
- Warm Bagels
- Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily


- Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE

James W. Parker Middle School Breakfast Menu

September 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| | 3. Bagel W/ Cream Cheese Chilled Juice or Fruit Choice of Milk | 4. Breakfast Sandwich Chilled Juice or Fruit Choice of Milk | 5. Cinnamon Pop Tart Chilled Juice or Fruit Choice of Milk | 6. Mini Chocolate Donuts Chilled Juice or Fruit Choice of Milk |
| 9. Pumpkin Bread Chilled Juice or Fruit Choice of Milk | 10. Assorted Frudel Chilled Juice or Fruit Choice of Milk | 11. Breakfast Sandwich Chilled Juice or Fruit Choice of Milk | 12. Blueberry Muffin Chilled Juice or Fruit Choice of Milk | 13. Mini Chocolate Donuts Chilled Juice or Fruit Choice of Milk |
| 16. Goody Ring Chilled Juice or Fruit Choice of Milk | 17. Chocolate Fudge Pop Parts Chilled Juice or Fruit Choice of Milk | 18. Breakfast Sandwich Chilled Juice or Fruit Choice of Milk | 19. Mini Waffles Chilled Juice or Fruit Choice of Milk | 20. Mini Chocolate Donuts Chilled Juice or Fruit Choice of Milk |
| 23. Cinnamon Pop Tarts Chilled Juice or Fruit Choice of Milk | 24. Bagel W/ Cream Cheese Chilled Juice or Fruit Choice of Milk | 25. Breakfast Sandwich Chilled Juice or Fruit Choice of Milk | 26. Mini Pancakes Chilled Juice or Fruit Choice of Milk | 27. Mini Chocolate Donuts Chilled Juice or Fruit Choice of Milk |
| 30. Pumpkin Bread Chilled Juice or Fruit Choice of Milk | | | |  Whole Grains Available Daily |

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Alternate Options May Include:

Banana or Blueberry Muffins
Chocolate Chip Oatmeal Breakfast Bar
Warm Grab & Go Breakfast Sandwiches
Fortified Breakfast Pastries
Warm Bagels
Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice and
Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

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