

# James W. Parker Middle School Breakfast Menu

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30.</b> Pumpkin Bread Chilled Juice or Fruit Choice of Milk	<b>1</b> Chocolate Fudge Pop Parts Chilled Juice or Fruit Choice of Milk	<b>2</b> Breakfast Sandwich Chilled Juice or Fruit Choice of Milk	<b>3</b> Mini Waffles Chilled Juice or Fruit Choice of Milk	<b>4</b> Mini Chocolate Donuts Chilled Juice or Fruit Choice of Milk
<b>7</b> Cinnamon Pop Tarts Chilled Juice or Fruit Choice of Milk	<b>8</b> Bagel W/ Cream Cheese Chilled Juice or Fruit Choice of Milk	<b>9</b> Breakfast Sandwich Chilled Juice or Fruit Choice of Milk	<b>10</b> Cinnamon Pop Tart Chilled Juice or Fruit Choice of Milk	<b>11</b> Mini Chocolate Donuts Chilled Juice or Fruit Choice of Milk
<b>14</b> No School	<b>15</b> Assorted Frudel Chilled Juice or Fruit Choice of Milk	<b>16</b> Breakfast Sandwich Chilled Juice or Fruit Choice of Milk	<b>17</b> Blueberry Muffin Chilled Juice or Fruit Choice of Milk	<b>18</b> Mini Chocolate Donuts Chilled Juice or Fruit Choice of Milk
<b>21</b> Goody Ring Chilled Juice or Fruit Choice of Milk	<b>22</b> Chocolate Fudge Pop Parts Chilled Juice or Fruit Choice of Milk	<b>23</b> Breakfast Sandwich Chilled Juice or Fruit Choice of Milk	<b>24</b> Mini Waffles Chilled Juice or Fruit Choice of Milk	<b>25</b> Mini Chocolate Donuts Chilled Juice or Fruit Choice of Milk
<b>28</b> Cinnamon Pop Tarts Chilled Juice or Fruit Choice of Milk	<b>29</b> Bagel W/ Cream Cheese Chilled Juice or Fruit Choice of Milk	<b>30</b> Breakfast Sandwich Chilled Juice or Fruit Choice of Milk	<b>31</b> Mini Pancakes Chilled Juice or Fruit Choice of Milk	<b>1</b> Mini Chocolate Donuts Chilled Juice or Fruit Choice of Milk

## 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**