



Nogales Unified School District Middle School Breakfast Menu January 2019

	1	2	3	4	
<p style="color: red; font-weight: bold;">Students MUST Select At Least 3 Items For Breakfast.</p> <p style="color: red; font-weight: bold;">One Of The 3 Items MUST Be A Fruit</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; font-style: italic; font-size: 1.2em;">Happy New Year!</div> </div>				
	<p>7</p> <p>Whole Wheat Pancakes w/ Turkey Sausage Chocolate Chip Breakfast Round Assorted Whole Grain Cereal w/ Wheat Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>8</p> <p>Whole Cereal Bar & String Cheese Breakfast Pizza Assorted Whole Grain Cereal w/ Wheat Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>9</p> <p>Blueberry Breakfast on a Stick Trix Yogurt w/ Graham Crackers Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>10</p> <p>Pastry w/ String Cheese Cinnamon Mini Cinni's Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>11</p> <p>Poptart Cereal Bar & String Cheese Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>
	<p>14</p> <p>Blueberry Muffin w/ String Cheese Oatmeal Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>15</p> <p>Breakfast Pizza Cereal Bar w/ String Cheese Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>16</p> <p>Whole Wheat Pancakes w/ Turkey Sausage Chocolate Chip Ultimate Breakfast Bar Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>17</p> <p>Breakfast on a Stick Stuffed Bagel Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>18</p> <p>Apple Frudel w/ String Cheese Cinnamon Mini Cinni's Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>
	<p>22</p> <p>Breakfast Burrito Strawberry Mini Bagel Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>23</p> <p>Whole Grain Breakfast Pizza Whole Grain Mini Pancakes Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>24</p> <p>Wild West Eggs Double Berry Parfait Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>25</p> <p>Waffles w/ Turkey Sausage Cereal Bar w/ String Cheese Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	
	<p>28</p> <p>Cherry Frudel w/ String Cheese Whole Grain Apple Muffin Assorted Whole Grain Cereal w/ Wheat Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>29</p> <p>Whole Grain Pancakes Granola Bar w/ String Cheese Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>30</p> <p>Turkey Sausage & Cheese Muffin Cereal Bar & String Cheese Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	<p>31</p> <p>Bagel Cinnamon Mini Double Berry Parfait Assorted Whole Grain Cereal w/ Toast</p> <p style="text-align: center;">Fruit 1% and Fat Free Milk</p>	

All Breakfast Entrees
Count As Two Items for
USDA & NSLP
Requirements



- INGRIDIENTS:**
- Vanilla Yogurt
 - Banana Slices
 - Blueberries

**Nutritional information is available at the
food service office.**

Menu subject to change without notice.

***"This institution is an equal opportunity
provider."***