

# Middle School Breakfast Menu

**Menu #1:**            Cereal and Toast  
Fresh Fruit  
Variety of Fruit Juices  
Chocolate Skim or 1% Unflavored Milk

**Menu #2:**            Sausage on a Biscuit  
Fresh Fruit  
Variety of Fruit Juices  
Chocolate Skim or 1% Unflavored Milk

**Menu #3:**            French Toast with Syrup  
Fresh Fruit  
Variety of Fruit Juices  
Chocolate Skim or 1% Unflavored Milk

---

**Choose 3-4 menu items to make a complete breakfast.**