



February 2024

MIDDLE SCHOOL

BREAKFAST MENU

 = **NEW!** menu item

Breakfast is
FREE
for all students!

Available Daily

**Pick 1 Entrée (v) +
a Fruit or Juice:**

Assorted Bagels
Fruited or Cinni Minis
Breakfast Breads
Benefit Bars
Fruit & Yogurt Parfaits
Assorted Cereals

**Pick 2 Entrées (v) +
a Fruit or Juice:**

Choice 1:

Muffin, Pop-Tart or
Cereal Bar

Choice 2:

Crackers, Yogurt or
String Cheese

Assorted Fruit Sides &
100% Fruit Juice

Milk: Skim White,
Chocolate or Strawberry,
1% White

(v) = lacto-ovo vegetarian
may contain milk and/or eggs

Menus are subject to
change without notice.

**Powering
potential.**

MON	TUES	WED	THURS	FRI
<p>We work with these companies that your family knows & trusts, to serve the highest quality products, formulated specifically for K-12.</p> 				
			1 Sausage, Egg & Cheese on a Bagel	2  Yogurt Parfait Bar (v) 
5 Bacon, Egg & Cheese on a Waffle Flatbread	6 Blueberry Waffles with Syrup (v)	7 Powdered Sugar Donut Holes (v)	8 Sausage, Egg & Cheese on a Bagel 	9 Cinnamon Roll (v)
12 Bacon, Egg & Cheese on a Waffle Flatbread	13 French Toast with Syrup (v)	14 Vanilla Frosted Donut (v) 	15 Sausage, Egg & Cheese on a Bagel	16 School Closed
19 School Closed	20 Maple Waffles with Syrup (v) 	21 Cocoa Cinnamon Sugar Donut Holes (v)	22 Scrambled Eggs with Cheese, Sausage, Tater Tots & a Biscuit	23 Cinnamon Toast Crunch Breakfast Pastry (v)
26 Bacon, Egg & Cheese on a Waffle Flatbread	27 Confetti Pancakes with Syrup (v) 	28 Powdered Sugar Donut Holes (v)	29 Sausage, Egg & Cheese on a Bagel	 Don't forget, breakfast is FREE

A meal includes an entrée, up to two fruit sides, and choice of milk.

To make a meal, students must select 3 or 4 items.
At least 1 item must be a ½ cup of fruit or a 4 oz fruit juice.

Meals without a fruit, will be charged a la carte pricing.

For nutritional information, visit <https://bethpa.nutrislice.com/menu/>

For more information, visit us online at: <https://www.basdschools.org/dining>