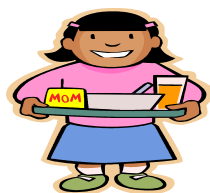


Germantown School District Weekly Breakfast Menu – January, 2021



Breakfast is a vital part of a healthy day. Students must have breakfast to get the most from their school day. Breakfast is offered before school currently at MacArthur Elementary, Kennedy Middle and Germantown High School. MacArthur breakfast is available to all students before school from 8:25 – 8:45 a.m. KMS is served from 7:30 – 7:45 a.m. and GHS serves from 7:00 – 7:15 a.m.

Breakfast is free to students for the remainder of the 2020-2021 school Year due to Covid & Funding from the USDA.

Menu may change due to product availability. Thank you for understanding.

*CONTAINS PORK

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Avg. Nutritionals
<p><u>Elementary</u> Cocoa Krispies or Apple Jacks Breakfast Kit Applesauce Cup or Craisins & Milk</p>	<p><u>Elementary</u> Bag of Fluffy Eggo Mini Pancakes Applesauce Cup or Craisins Juice & Milk</p>	<p><u>Elementary</u> Cocoa Krispies or Apple Jacks Breakfast Kit Applesauce Cup or Craisins & Milk</p>	<p><u>Elementary</u> Mini Cinnamon French Toast Applesauce Cup or Craisins Juice & Milk</p>	<p><u>Elementary</u> Breakfast Donut or Assorted Cereal Applesauce Cup or Craisins Juice & Milk</p>	<p>CAL: 458 TOTAL FAT: 7.31g CHOL: 6.9 mg SODIUM: 393.79mg CARB: 90.73g FIBER: 5.5g PROTEIN : 9.66g</p>
<p><u>KMS</u> Mini Powdered Sugar Donuts Applesauce Cup or Craisins Juice & Milk</p>	<p><u>KMS</u> Cocoa Krispies or Apple Jacks Breakfast Kit Applesauce Cup or Craisins & Milk</p>	<p><u>KMS</u> No In-Person School</p>	<p><u>KMS</u> Mini Powdered Sugar Donuts Applesauce Cup or Craisins Juice & Milk</p>	<p><u>KMS</u> Cocoa Krispies or Apple Jacks Breakfast Kit Applesauce Cup or Craisins & Milk</p>	<p>CAL: 479 TOTAL FAT: 8.79g CHOL: 5.7mg SODIUM: 391.70mg CARB: 92.06g FIBER: 5.9g PROTEIN: 10.53g</p>
<p><u>GHS</u> Warm Breakfast Sandwich* or Assorted Cereal or Granola Bar w/String Cheese Applesauce Cup Juice & Milk</p>	<p><u>GHS</u> Warm Breakfast Sandwich* or Assorted Cereal or Granola Bar w/String Cheese Applesauce Cup Juice & Milk</p>	<p><u>GHS</u> Warm Breakfast Sandwich* or Assorted Cereal or Granola Bar w/String Cheese Applesauce Cup Juice & Milk</p>	<p><u>GHS</u> Warm Breakfast Sandwich* or Assorted Cereal or Granola Bar w/String Cheese Applesauce Cup Juice & Milk</p>	<p><u>GHS</u> Warm Breakfast Sandwich* or Assorted Cereal or Granola Bar w/String Cheese Applesauce Cup Juice & Milk</p>	<p>CAL: 485 TOTAL FAT: 11.33g CHOL: 72.8g SODIUM: 639.22g CARB: 78.08g FIBER: 4.4g PROTEIN: 19.06g</p>

A Note to Parents: All enrolled students are welcome to our morning breakfast program. Breakfast at school offers a quieter time for students to be with classmates as well as a wide variety of students from other grades within their school. This opportunity may also help busy parents on those hectic school mornings when other priorities accelerate the morning routine. **This institution is an equal opportunity provider.**