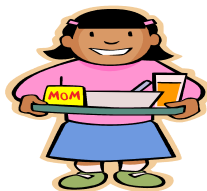


Germantown School District Weekly Breakfast Menu – March, 2020



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 7:20 – 7:45 a.m. and GHS serves from 6:45 – 7:15 a.m. We repeat the same selections weekly to help students plan for their favorite breakfasts at school.

Breakfast is a great value: Elementary - \$2.00 KMS - \$2.00 GHS - \$2.00 Adult & Staff \$2.50

All students eligible for free price meals receive a free breakfast each day. Students eligible for reduced price meals will receive breakfast for \$.30 each day.

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

***CONTAINS PORK**

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Avg. Nutritional
<p><u>Elementary</u> Mini Eggo Waffled w/Breakfast* Sausages Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p><u>Elementary</u> Cheese Omelet w/Mini Tri-Taters Or Assorted Breakfast Cereal Applesauce Cup Juice & Milk</p>	<p><u>Elementary</u> Egg & Cheese Stuffed Bosco Stick Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p><u>Elementary</u> Egg, Sausage* & Cheese Croissant Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>Elementary</u> Breakfast Donut w/String Cheese Or Assorted Breakfast Cereal Applesauce Cup Juice & Milk</p>	<p>CAL: 413 TOTAL FAT: 12.80g CHOL: 58.6mg SODIUM: 513.97mg CARB: 61.73g FIBER: 3.3g PROTEIN: 14.13g</p>
<p><u>KMS</u> Egg, Bacon* & Cheese Croissant Sandwich Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p><u>KMS</u> Egg, Ham* & Cheese Sandwich on an English Muffin Or Assorted Breakfast Cereal Applesauce Cup Juice & Milk</p>	<p><u>KMS</u> Yogurt Parfait w/Berries Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p><u>KMS</u> Egg, Sausage* & Cheese Croissant Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>KMS</u> Breakfast Donut w/String Cheese Or Assorted Breakfast Cereal Applesauce Cup Juice & Milk</p>	<p>CAL: 450 TOTAL FAT: 11.64g CHOL: 70.5mg SODIUM: 592.37mg CARB: 70.5g FIBER: 3.6g PROTEIN: 17.84g</p>
<p><u>GHS</u> Egg, Bacon* & Cheese Croissant Sandwich Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p><u>GHS</u> Egg, Ham* & Cheese Sandwich on an English Muffin Or Assorted Breakfast Cereal Applesauce Cup Juice & Milk</p>	<p><u>GHS</u> Breakfast Burrito w/Hash Brown Patty Or Assorted Breakfast Cereal Assorted Chilled Fruit Juice & Milk</p>	<p><u>GHS</u> Egg, Sausage* & Cheese Biscuit Sandwich Or Assorted Breakfast Cereal Fresh Fruit Juice & Milk</p>	<p><u>GHS</u> Egg & Cheese Stuffed Bosco Stick w/Breakfast Sausages* Or Assorted Breakfast Cereal Applesauce Cup Juice & Milk</p>	<p>CAL: 479 TOTAL FAT: 12.58g CHOL: 93.9g SODIUM: 638.04g CARB: 74.9g FIBER: 3.9g PROTEIN: 18.39g</p>

If your child does not wish to have the option above, each morning students may choose from an array of cereal bars or muffins paired with protein choices including a cheese stick, yogurt or a hard-boiled egg (depending on availability). Add fruit, juice and a milk and students are Ready! Set! Go!!! for a great start to the school day.

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.**