

Germantown School District Weekly Breakfast Menu – September, 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. Nutritionals
<p><u>Elementary</u> Apple Jacks Breakfast Kit Juice & Milk</p>	<p><u>Elementary</u> Double Chocolate Chunk Muffin Dannon Danimals Yogurt Cup Juice & Milk</p>	<p><u>Elementary</u> Mini Blueberry Waffles String Cheese Juice & Milk</p>	<p><u>Elementary</u> Breakfast Donut Giant Goldfish Graham Snack Applesauce Cup Juice & Milk</p>	<p><u>Elementary</u> Egg & Cheese English Muffin Sandwich Juice & Milk</p>	CAL: 434 TOTAL FAT: 9.0g CHOL: 27.0mg SODIUM: 455.47mg CARB: 74.03g FIBER: 3.0g PROTEIN: 13.65g
<p><u>KMS</u> Apple Jacks Breakfast Kit String Cheese Juice & Milk</p>	<p><u>KMS</u> Double Chocolate Chunk Muffin Dannon Danimals Yogurt Cup Juice & Milk</p>	<p><u>KMS</u> Mini Blueberry Waffles String Cheese Juice & Milk</p>	<p><u>KMS</u> Breakfast Donut Giant Goldfish Graham Snack Applesauce Cup Juice & Milk</p>	<p><u>KMS</u> Egg & Cheese English Muffin Sandwich Juice & Milk</p>	CAL: 450 TOTAL FAT: 10.04g CHOL 29.8mg SODIUM: 483.01mg CARB: 74.23g FIBER: 3.0g PROTEIN: 15.00g
<p><u>GHS</u> Apple Jacks Breakfast Kit w/String Cheese Or Warm Breakfast Sandwich Juice & Milk</p>	<p><u>GHS</u> Double Chocolate Chunk Muffin Dannon Danimals Yogurt Cup Or Warm Breakfast Sandwich Juice & Milk</p>	<p><u>GHS</u> Mini Blueberry Waffles String Cheese Or Warm Breakfast Sandwich Juice & Milk</p>	<p><u>GHS</u> Breakfast Donut Giant Goldfish Graham Snack Or Warm Breakfast Sandwich Applesauce Cup Juice & Milk</p>	<p><u>GHS</u> Egg & Cheese English Muffin Sandwich Juice & Milk</p>	CAL: 461 TOTAL FAT: 10.94g CHOL: 46.6g SODIUM: 553.98g CARB: 73.18g FIBER: 3.0g PROTEIN: 17.03g

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.**