IUSD NUTRITION SERVICES MIDDLE SCHOOL



ENTREES

Bagel
Benefit Bar
Bosco Pizza Stick
Breakfast Honey Bun
Mini Pancakes
Uncrustable PB&J
Whole Grain Muffin or Bread
Whole Grain Pastry
Yogurt Parfait
Handmade Breakfast Bowl

Cereal Bowl Pop-Tart

- May Choose 1 Cereal or Pop-Tart with 1 item below:
 - Whole Grain Goldfish
 - Whole Grain Cheez-Its
 - Sunflower Seeds
 - String Cheese

FRUIT

must choose 1

Fresh Fruit
Apple Sauce
Dried Fruit
100% Fruit Juice

MILK

choice of

1% White Milk
Non-Fat Chocolate Milk

first breakfast meal FREE for all students

*menus subject to change without notice

2nd meal price: \$2.00 or \$2.75

this institution is an equal opportunity provider

iusd.org/nutrition