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: \$2.75 this institution is an equal opportunity provider

iusd.org/nutrition