

\$2.00 MEALS

FRESH BAKED
CINNAMON ROLL

FRESH BAKED CRUMB
CAKE

BENEFIT BAR

BOSCO CHEESE & PIZZA
STICK

BREAKFAST HONEY
BUN

BREAKFAST BURRITO

BREAKFAST SAUSAGE
BISCUIT

WHOLE GRAIN MUFFIN
OR BREAD

MINI PANCAKES

FRENCH TOAST

FRUDEL

UNCRUSTABLE PB&J

\$2.00 MEALS

MAY CHOOSE ONE OF
THE FOLLOWING:

Whole Grain Pop-Tart

Whole Grain Cereal Bowl

MAY CHOOSE 1 CEREAL
OR POP-TART WITH 1
ITEM BELOW:

Sunflower Seeds

String Cheese

Goldfish Crackers

Cheez-It Crackers

FRUIT

(must choose 1 item below)

FRESH FRUIT

CANNED FRUIT

DRIED FRUIT

100% FRUIT JUICE

6.75 oz

MILK

1% WHITE MILK

NON-FAT
CHOCOLATE MILK

REDUCED-PRICE MEAL \$0.30

MILK A LA CARTE \$0.50

100% JUICE, 6 OZ \$1.00

BOXED WATER, 16 OZ \$1.00

BREAKFAST

MIDDLE SCHOOL

Meals must include three (3) food items and one of the items must be a fruit.

MENU ITEMS MAY NOT BE AVAILABLE EVERY DAY.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

this institution is an equal opportunity provider.

iusd.org/nutrition

\$2.75 MEALS

YOGURT PARFAIT
Lowfat yogurt layered with honey granola and a variety of fruit

HANDMADE
BREAKFAST BOWL

Scrambled Eggs, Breakfast Potatoes & Turkey Sausage

HANDMADE BREAKFAST
SANDWICH

English Muffin, Scrambled Egg, Cheese