



BELLAIRE MIDDLE HIGH SCHOOL BREAKFAST MENU

September 4th thru 29th

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza	BeneFIT Breakfast Bar	Bagel with Cream Cheese	Colby Cheese Omelet with Graham Crackers	Warm Breakfast Sandwich
Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit
<p>Daily Breakfast Alternates</p> <p>Assorted Whole Grain Cereal Bowl, Cereal Bars, Muffins, Bagels, Pop Tart accompanied by one (1) of the following: String Cheese Stick, Yogurt Cup or Whole Grain Graham Cracker</p>				
<p>Full Pay \$1.35 Reduced \$.30 Free to those who Qualify Ala Carte Milk \$.50</p>				
<p>Need a snack between classes? Stop by the café during breakfast, we have ala cart items available for purchase!</p>				

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.

USDA is an equal opportunity employer and provider.

Questions or Comments?
Please contact Jessica Meyers, Director of Dining Services
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