



BMS/BHS Breakfast Menu – September

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
No School	Chocolate Oatmeal Breakfast Bar Or Toast and Cereal Craisins Fresh Orange	Bacon and Cheese Scrambled Eggs w/Toast Or Toast and Cereal Orange Juice Diced Peaches	Sausage, Egg and Cheese Wrap Or Toast and Cereal Assorted Juice Mandarin Oranges	Banana Chocolate Breakfast Bar Or Toast and Cereal Diced Peaches Assorted Juice
14	15	16	17	18
Colby Cheese Omelet Or Toast and Cereal Fresh Banana Assorted Juice	Cinnamon Apple Breakfast Bar Or Toast and Cereal Fresh Grapes Assorted Juice	Bacon and Cheese Scrambled Eggs w/toast Or Toast and Cereal Diced Pears Assorted Juice	Cheerio Breakfast Bar Or Toast and Cereal Diced Peaches Assorted Juice	Blueberry Waffles Or Toast and Cereal Diced Pears Assorted Juice
21	22	23	24	25
Pancake Sausage Wrap Or Toast and Cereal Fresh Banana Assorted Juice	Powder Donut Or Toast and Cereal Fresh Apple Assorted Juice	Breakfast Pizza Or Toast and Cereal Strawberry Banana Applesauce Assorted Juice	Blubbery Waffles Or Toast and Cereal Diced Peaches Assorted Juice	Banana Chocolate Breakfast Bar Or Toast and Cereal Diced Pears Assorted Juice
28	29	30		
Breakfast Pizza Or Toast and Cereal Mixed Fruit Assorted Juice	Banana Chocolate Breakfast Bar Or Toast and Cereal Cinnamon Crisp Cracker Fresh Orange Assorted Juice	Donut Holes Or Toast and Cereal Diced Peaches Assorted Juice		Student must choose 3 of the 5 items offered, one of them being a fruit to be considered a complete breakfast

Alternate: Pop Tarts, Yogurt

Student breakfast price: \$1.85 Full; \$0.30 Reduced; \$0.50 Milk; Milk Choices offered daily are Skim White, 1% White, and 1% Chocolate.

Menu is subject to change without notice



Questions or comments? Please call Lori Lighthart, Director of Food Services at (231) 533-8141, x. 1127. The Bellaire Public Schools Lunch Program is operated in accordance with US Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any USDA activity should write to the Secretary of Agriculture, Washington, DC 20250.