



## Bellaire Middle/High School Breakfast

January 3- January 26

Monday	Tuesday	Wednesday	Thursday	Friday
		3 Colby Cheese Omelet with Graham Cracker  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	4  Cherry Frudel  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	5  French Toast Sticks (4)  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit
8 Breakfast Pizza  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	9 Breakfast Parfait with Granola and Local Blueberries  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	10 Bagel with Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	11 Mini Pancakes  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	12 Colby Cheese Omelet with Graham Cracker  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit
15 Breakfast Pizza  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	16 BenefIT Breakfast Bar  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	17 Cream Cheese Filled Bagel  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	18 Cherry Frudel  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	19 French Toast Sticks (4)  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit
22 Breakfast Pizza  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	23 Breakfast Parfait with Granola and Local Blueberries  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	24 Bagel With Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	25 Mini Pancakes  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit	26 Colby Cheese Omelet with Graham Cracker  Assorted Fruit Juice Assorted Chilled Fruit Fresh Fruit
<b>Secondary Breakfast</b> <b>\$1.35 full pay</b> <b>\$.30 reduced</b> <b>Free to those who qualify</b>	<b>Daily Breakfast Alternates</b> Assorted Whole Grain Cereal Bowls, Cereal Bars, Muffins, Bagels, Pop Tarts Accompanied by one (1) of the following: String Cheese Stick, Yogurt Cup or Whole Grain Graham Cracker			

Need a snack between classes? Stop by the café during breakfast, we have ala cart items available for purchase!

**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.



Locally Grown produce utilized when seasonally available

Questions or Comments?  
Please contact Jessica Meyers, Director of Dining Services  
231-587-9764 ex 214 jmeyers@mancelonaschools.org