



Bellaire Middle High School : September Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 Waffles w/ Syrup Strawberry Twin Poptarts Assorted Fruit Juice Assorted Chilled Fruit	5 Egg & Cheese English Muffin Muffin w/ Hard Boiled Egg Assorted Fruit Juice Assorted Chilled Fruit	6 Food Court Smoothie Bagel w/ Cream Cheese Assorted Fruit Juice Assorted Chilled Fruit	7 Turkey Sausage Pancake Skewer Strawberry Twin Poptarts Assorted Fruit Juice Assorted Chilled Fruit
10 Turkey Ham, Egg, and Cheese Breakfast Burrito Bagel w/ Cream Cheese Assorted Fruit Juice Assorted Chilled Fruit	11 Cinnamon Mini French Toast Strawberry Twin Poptarts Assorted Fruit Juice Assorted Chilled Fruit	12 Bacon Egg & Cheese Biscuit BeneFIT Breakfast Bar Assorted Fruit Juice Assorted Chilled Fruit	13 Tropical Escape Smoothie Muffin w/ String Cheese Assorted Fruit Juice Assorted Chilled Fruit	14 Breakfast Sausage Pizza Strawberry Twin Poptarts Assorted Fruit Juice Assorted Chilled Fruit
17 Waffles w/ Syrup Muffin w/ Hard Boiled Egg Assorted Fruit Juice Assorted Chilled Fruit	18 Turkey Sausage Pancake Skewer Bagel w/ Cream Cheese Assorted Fruit Juice Assorted Chilled Fruit	19 Ham & Cheese Bagel Melt Strawberry Twin Poptarts Assorted Fruit Juice Assorted Chilled Fruit	20 Food Court Smoothie BeneFIT Breakfast Bar Assorted Fruit Juice Assorted Chilled Fruit	21 Whole Grain French Toast Sticks Strawberry Twin Poptarts Assorted Fruit Juice Assorted Chilled Fruit
24 Turkey Ham, Egg, and Cheese Breakfast Burrito Strawberry Twin Poptarts Assorted Fruit Juice Assorted Chilled Fruit	25 Breakfast Sausage Pizza Muffin w/ Hard Boiled Egg Assorted Fruit Juice Assorted Chilled Fruit	26 Sausage & Cheese English Muffin Strawberry Twin Poptarts Assorted Fruit Juice Assorted Chilled Fruit	27 Tropical Escape Smoothie Bagel w/ Cream Cheese Assorted Fruit Juice Assorted Chilled Fruit	28 Cinnamon Apple Oatmeal Strawberry Twin Poptarts Assorted Fruit Juice Assorted Chilled Fruit
DAILY ALTERNATES				
Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese

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.

This institution is an equal opportunity provider.

K-12 Breakfast - \$1.50

Questions or Comments?

Please contact Jessica Moody, Food Service Director 231-587-9764ex214 jmoody@mancelonaschools.org