

# FUEL ZONE CAFE

## MIDDLE SCHOOL Breakfast Menu

# JANUARY 2019

Serving 2 entrée choices every day  
Our menu features one rotating menu item and daily offerings of cold cereal with 100% of fruit juice, 1% skim and white milk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

2

3

4

7  
WG Apple Strudel  
Juice  
Milk Choice  
Cinnamon  
Applesauce

8  
Hot Pancake on a  
Stick  
Juice  
Milk Choice  
Fresh Red Apple

9  
WG Apple  
Cinnamon Cereal  
Bar  
Juice  
Milk Choice  
Strawberry  
Applesauce

10  
French Toast  
Sticks  
Juice  
Milk Choice  
Fresh Orange

11  
Ham & Cheese  
Muffinwich  
Jelly  
Juice  
Milk Choice  
Sour Green  
Applesauce

14  
Super Donut  
Juice  
Milk Choice  
Applesauce

15  
Warm Strawberry  
Splash Pancakes  
Juice  
Milk Choice  
Fresh Banana

16  
Assorted Whole  
Grain Muffin  
String Cheese  
Juice  
Milk Choice  
Cherry Lime  
Applesauce

17  
Fruity Trix Cereal  
Bar  
Juice  
Milk Choice  
Fresh Pear

18  
Sausage Biscuit  
Sandwich  
Jelly  
Juice  
Milk Choice  
Birthday Cake  
Applesauce



21  
**No School**  
Martin Luther King's  
Birthday

22  
Mini Blueberry  
Waffles  
Juice  
Milk Choice  
Fresh Apple

23  
Ham & Cheese  
Slider  
Jelly  
Juice  
Milk Choice  
Plain Applesauce

24  
Breakfast Burrito  
Juice  
Milk Choice  
Fresh Orange

25  
Hot Pancake on A  
Stick  
Juice  
Milk Choice  
Cinnamon  
Applesauce

28  
WG Cheerios Bar  
Juice  
Milk Choice  
Strawberry  
Applesauce

29  
Strawberry Muffin  
String Cheese  
Juice  
Milk Choice  
Fresh Banana

30  
French Toast  
Sticks  
Juice  
Milk Choice  
Blue Raspberry  
Applesauce

31  
WG Cherry  
Strudel  
Juice  
Milk Choice  
Fresh Pear

Jump Start Your  
Day with a Healthy  
Breakfast

All  
students  
are entitled  
to free  
breakfast  
daily



A'viands

For questions and comments, please email the Food Service Director at [dolton@aviands.com](mailto:dolton@aviands.com) or call 708-868-7586

ELIOR NORTH AMERICA

This institution is an equal opportunity provider.