



Marion Junior High/High School Breakfast Menu

September
2021

Eat fruit and vegetables daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This is for Food 4 Thought		1 Breakfast Pizza Cinnamon Roll Fruit 1% Milk	2 NO SCHOOL TODAY PARENT TEACHER CONFERENCE	3 NO SCHOOL TODAY
6 NO SCHOOL HAPPY LABOR DAY	7 Mini Pancakes Syrup Cinnamon Cream Cheese Filled Bagel Fruit 1% Milk	8 Pancake on a Stick Yogurt Cup Graham Crackers Fruit 1% Milk	9 Sausage Cheese Biscuit Pop Tart Cheese Stick Apple Juice 1% Milk	10 French Toast Loaf Cheese Stick Fruit 1% Milk
13 Bacon, Egg & Cheese on English Muffin Choice of Cereal Graham Crackers Canned Fruit 1% Milk	14 Breakfast Pizza Pop Tart Cheese Stick Canned Fruit 1% Milk	15 Mini Eggo Waffles Cheese Stick Graham Crackers Orange Juice 1% Milk	16 Sausage & Egg Biscuit Cinnamon Cream Cheese Filled Bagel Apple Juice 1% Milk	17 French Toast Sticks Cinnamon Pop-Tart Cheese Stick Fruit 1% Milk
20 Egg & Cheese Breakfast Sandwich Cinnamon Cream Cheese Filled Bagel Canned Fruit	21 Pancake on a Stick Golden Grahams Cereal Bar Fresh Mixed Fruit 1% Milk	22 Cheesy Ham Melt French Toast Loaf Cheese Stick Apple Juice 1% Milk	23 Sausage & Egg on English Muffin Cinnamon Pop-Tart Cheese Stick Canned Fruit 1% Milk	24 Bacon, Egg & Cheese Sandwich Choice of Cereal Graham Crackers Orange Juice 1% Milk
27 FALL BREAK BE SAFE	28 FALL BREAK WATCH THE STARS	29 FALL BREAK HELP WITH CHORES	30 FALL BREAK PLAY OUTSIDE	1

PRICES

Breakfast
 Adult Breakfast
 Extra Milk

FREE
 \$2.50
 \$0.50

EXTRA INFO

Milk choice of 1% white or chocolate is included with a meal.
 For more information or questions contact Gary Lester at glester@msd3.org

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
 TaHER Food4Life®



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