

April 2018

MIDWEST CENTRAL High School Breakfast Menu



Join us for a Healthy Breakfast

Selection Available Daily
 Fruit Yogurt w/Toast
 Assorted Breakfast Bars
 Pop Tarts
 Mini Donuts
 Fruit Smoothie/Parfaits
 Apple or Cherry Frudel
 Variety of Fresh Fruit
 Canned Fruit
 100% Fruit Juice

Need to top-up your child's account?
 Send a check payable to **Midwest Central SD 191**
 OR
 Go online at www.teacherease.com
 & log into your student's account

Questions
 Call Mary Hill
 Food Service Manager
 309-968-6464
 Menu changes may be necessary. Notice will be given when possible.
 A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.
 For more information or to "Ask the Dietitian", check out our website!

	Monday	Tuesday	Wednesday	Thursday	Friday
2	NO SCHOOL	WILD BERRY BREAD FRUIT CHOICE	CHEESE OMELET W/TOAST FRUIT CHOICE	STRAWBERRY PANCAKES FRUIT CHOICE	BISCUITS & GRAVY FRUIT CHOICE
9	MINI MAPLE WAFFLES FRUIT CHOICE	*SAVORY SAUSAGE BISCUIT FRUIT CHOICE	BREAKFAST PIZZA FRUIT CHOICE	BREAKFAST WRAP FRUIT CHOICE	WAFFLES FRUIT CHOICE
16	BISCUITS & GRAVY FRUIT CHOICE	BREAKFAST CHICKEN BISCUIT FRUIT CHOICE	SAUSAGE BAGEL FRUIT CHOICE	*PANCAKE WRAP FRUIT CHOICE	BREAKFAST PIZZA FRUIT CHOICE
23	*HAM & CHEESE BISCUIT FRUIT CHOICE	WILD BERRY BREAD FRUIT CHOICE	CHEESE OMELET W/TOAST FRUIT CHOICE	STRAWBERRY PANCAKES FRUIT CHOICE	BISCUITS & GRAVY FRUIT CHOICE
30	MINI MAPLE WAFFLES FRUIT CHOICE			<p>Breakfast \$1.15 (Milk included with meal)</p> <p>Milk 35¢ Offered Daily: Fat Free Flavored, Fat Free White 1% White</p>	

(*) Contains Pork