



# Manila Middle School Breakfast Menu

3 No School	4 Cherry Frudel Assorted Fruit Juice Milk	5 Breakfast Pizza Assorted Fruit Juice Milk	6 Bagel w/ Cream Cheese Assorted Fruit Juice Milk	7 Sausage biscuit Assorted Fruit Juice Milk
10 Blueberry waffle Assorted Fruit Juice Milk	11 Egg and ham biscuit Assorted Fruit Juice Milk	12 Bagel and sausage Assorted Fruit Juice Milk	13 Glazed donut Assorted Fruit Juice Milk	14 Super Donut Assorted Fruit Juice Milk
17 Breakfast pizza Assorted Fruit Juice Milk	18 Sausage biscuit Assorted Fruit Juice Milk	19 Pancake on a stick Assorted Fruit Juice Milk	20 Egg and bacon biscuit Assorted Fruit Juice Milk	21 Sugar Cinnamon donut holes Assorted Fruit Juice Milk
24 Egg and sausage biscuit Assorted Fruit Juice Milk	25 Maple waffles Assorted Fruit Juice Milk	26 Breakfast pizza Assorted Fruit Juice Milk	27 Maple pancakes Assorted Fruit Juice Milk	28 Pancake on a stick Assorted Fruit Juice Milk
1 Apple frudel Assorted Fruit Juice Milk	2 Chocolate filled crescent Assorted fruits Juice Milk	3 Sausage biscuit Assorted fruits Juice Milk	4 Breakfast pizza Assorted fruits Juice Milk'	5 Berry French toast Assorted fruits Juice Milk

### Fun Fact...

Breakfast literally means to break the fast after a long night's sleep. It is a crucial meal that refuels the body and the brain with energy and nutrients. Eating breakfast has been shown to improve mental alertness and physical performance.

Every day options include:  
Yogurt w/ string cheese and graham crackers,  
Cereal bar, Muffin, PopTart, or Cereal.