



Carson City Middle School

August/September Breakfast Menu

2011



Made with Hearty Whole Grains

daily alternative entree
Whole Grain Cereals
 served with flavored toast

22 **Waffles w/ Syrup**
Egg Biscuit w/Cheese
featured sides
 Orange Smiles
 Fruit Juice
 Diced Pears

23 **Biscuit & Country Gravy**
Egg Muffin w/Bacon
featured sides
 Apple Slices
 Orange Juice
 Pineapple Tidbits

24 **Pancakes w/ Syrup**
Ham Biscuit w/Egg
featured sides
 Fresh Watermelon
 Grape Juice
 Mixed Fruit

25 **Breakfast Quesadilla ^{WG}**
Egg Bagel w/ Cheese
featured sides
 Fresh Banana
 Apple Juice
 Diced Peaches

26 **Jumbo Cinnamon Roll**
Egg Muffin w/Sausage
featured sides
 Fresh Melon
 Pineapple Juice
 Applesauce

29 **Cinnamon Raisin Bagel**
Sausage Biscuit w/Egg
featured sides
 Orange Wedges
 Fruit Juice
 Diced Pears

30 **Scrambled Eggs w/Sausage Patties**
Egg & Cheese Bagel
featured sides
 Apple Slices
 Orange Juice
 Pineapple Tidbits

31 **Strawberry Yogurt Parfait**
Egg Muffin w/Sausage
featured sides
 Fresh Watermelon
 Grape Juice
 Mixed Fruit

1 **Breakfast Burrito**
Breakfast Chicken Sandwich
featured sides
 Fresh Banana
 Pineapple Juice
 Diced Peaches

2 **Homemade Blueberry Muffin**
Ham Biscuit w/Egg
featured sides
 Fresh Melon
 Pineapple Juice
 Applesauce

5 **Labor Day Holiday**
featured sides

6 **Biscuit w/ Sausage Gravy**
Egg Muffin w/Bacon
featured sides
 Apple Slices
 Orange Juice
 Pineapple Tidbits

7 **Pancakes w/Syrup**
Ham Biscuit w/Egg
featured sides
 Fresh Watermelon
 Grape Juice
 Mixed Fruit

8 **Breakfast Soft Taco ^{WG}**
Egg Bagel w/ Cheese
featured sides
 Fresh Banana
 Apple Juice
 Diced Peaches

9 **Breakfast Pizza**
Egg Muffin w/Sausage
featured sides
 Fresh Melon
 Pineapple Juice
 Applesauce

12 **French Toast Slices ^{WG}**
Sausage Biscuit w/Egg
featured sides
 Orange Wedges
 Fruit Juice
 Diced Pears

13 **Egg & Cheese Burrito**
Egg & Cheese Bagel
featured sides
 Apple Slices
 Orange Juice
 Pineapple Tidbits

14 **Professional Development Day**
featured sides

15 **String Cheese w/ Crackers**
Egg & Bacon Panini
featured sides
 Fresh Banana
 Apple Juice
 Diced Peaches

16 **Homemade Banana Muffin**
Ham Biscuit w/Egg
featured sides
 Fresh Melon
 Pineapple Juice
 Applesauce

19 **Stacked Pancakes ^{WG}**
Egg Biscuit w/Cheese
featured sides
 Orange Wedges
 Fruit Juice
 Diced Pears

20 **Scrambled Eggs w/ Turkey Sausage**
Egg Muffin w/Bacon
featured sides
 Apple Slices
 Orange Juice
 Pineapple Tidbits

21 **French Toast Sticks**
Ham Biscuit w/Egg
featured sides
 Fresh Watermelon
 Grape Juice
 Mixed Fruit

22 **Breakfast Pizza**
Egg Bagel w/ Cheese
featured sides
 Fresh Banana
 Apple Juice
 Diced Peaches

23 **Glazed Cinnamon Roll**
Egg Muffin w/Sausage
featured sides
 Fresh Melon
 Pineapple Juice
 Applesauce

all entrees include...

Made with Hearty Whole Grains
Side Dish of Oatmeal
 A healthy bowl of oats gets the body ready to learn. Look for our daily featured flavors.

Naturally Sweet No sugar added
Choice of Fruit or Juice
 Fresh variety, fruit and juice, and 100% juice available daily

Good Source of Calcium
Choice of Milk
 Varieties include 1% low fat and flavored fat-free choices



The Importance of Breakfast

According to the American Dietetic Association, more than half of male teens and more than two-thirds of female teens do not eat breakfast on a regular basis. Breakfast is the most important meal of the day. Eating breakfast can kick-start your metabolism, which helps with weight control, mood and school performance.

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