



Middle School Breakfast

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b style="color: green;">Find menus and nutrition information online or on your phone! Download School Menus by Nutrislice to your smartphone from the App Store or visit: Troup.nutrislice.com				1 Sausage Biscuit Strawberry Frosted Pop-Tart Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice
4 French Toast Sticks Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	5 Scrambled Eggs & Cheese Grits Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	6 Pancakes & Sausage Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	7 Fruit & Yogurt Parfait Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	8 Chicken Biscuit Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice
11 Good Gravy Breakfast Pizza Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	12 Bacon Egg & Cheese Biscuit Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	13 Cheese Eggs & Grits Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	14 Chicken Biscuit Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	15 Sausage Biscuit Strawberry Frosted Pop-Tart Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice
18 No School	19 Scrambled Eggs & Cheese Grits Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	20 Pancakes & Sausage Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	21 Fruit & Yogurt Parfait Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	22 Chicken Biscuit Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice
25 Good Gravy Breakfast Pizza Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	26 Bacon Egg & Cheese Biscuit Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	27 French Toast Sticks Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	28 Cheese Eggs & Grits Strawberry Frosted Pop-Tarts Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice	1 Sausage Biscuit Strawberry Frosted Pop-Tart Or choose up to 2: Breakfast Cereal Cereal Bar Muffin Assorted Fruit & Juice

A full student breakfast includes a choice of entree supplying grain and/or protein, fruit side dishes and choice of milk. Milk choices include 1% white and fat free flavored. Menus subject to change.

Students: \$1.25 Reduced: No charge Adults: \$1.75

