

# Tri West Middle School

## 2023-2024 BREAKFAST MENU

BREAKFAST MEAL DEAL ..... \$1.60

### WHAT COMES WITH A BREAKFAST MEAL DEAL?

Choice of Entrée Item

- Featured Hot Entrée OR
- Daily 'Pick 2' Item Entrée

1 Cup of Fruit (Must take at least ½ cup to make it a meal)

Choice of Milk

### ENTRÉE CHOICES

WEEKLY HOT ENTRÉE FEATURES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
T. SAUSAGE & CHEESE BISCUIT	BACON, EGG & CHEESE BISCUIT	BISCUIT & GRAVY	BACON, EGG, & CHEESE BAGEL	T. SAUSAGE & EGG BISCUIT
FRENCH TOAST STICKS	BREAKFAST PIZZA	CINNAMON SUGAR DONUT	CINNAMON ROLL	PANCAKE SAUSAGE WRAP

#### DAILY ENTRÉE FEATURES:

- FRUDEL
- CINNI MINIS
- BAGEL W/ CREAM CHEESE
- FRUIT & YOGURT PARFAIT WITH GRANOLA

#### DAILY PICK 2 ITEMS:

- CEREAL BOWL
- CEREAL BAR OR GRANOLA BAR
- GRAHAMS OR CRACKERS
- POPTARTS OR MUFFINS
- CHEESE STICK OR YOGURT

### MILK CHOICES

1%, Skim, Fat Free Flavored

### FRUIT CHOICES

- WHOLE FRESH FRUIT
- FRESH APPLE SLICES
- CHILLED STRAWBERRY, MIXED BERRY AND PEACH CUPS
- RAISINS
- ASSORTED CANNED FRUITS
- 100% FRUIT JUICES



### WHOLE GRAINS & LEAN PROTEINS

- GRAIN CHOICES ARE ALL WHOLE GRAIN RICH!
- PROTEIN CHOICES ARE LOW-FAT AND REDUCED SODIUM