NUTRITION



1 entrée + fruit + milk (or cup for water)

MEDEA CREEK Middle School

Fall 2014

MONDAY

- Bagel w/ Cream Cheese
- Yogurt w/ Granola & Fruit
- Blueberry or Apple Cinnamon Muffin
- Breakfast Burrito

TUESDAY

- Bagel w/ Cream Cheese
- Yogurt w/ Granola & Fruit
- Cinnamon Pretzel
- Egg & Cheese Muffin Sandwich

WEDNESDAY

- Bagel w/ Cream Cheese
- Yogurt w/ Granola & Fruit
- Blueberry or Apple Cinnamon Muffin
- Breakfast Burrito

THURSDAY

- Bagel w/ Cream Cheese
- Yogurt w/ Granola & Fruit
- Cinnamon Pretzel
- Egg & Cheese Muffin Sandwich

FRIDAY

- Bagel w/ Cream Cheese
- Yogurt w/ Granola & Fruit
- Blueberry or Apple Cinnamon Muffin
- Breakfast Burrito

