

NOVEMBER

SHERMAN MIDDLE SCHOOL BREAKFAST MENU

Research shows that students who eat breakfast daily have better attendance, achieve higher test scores, and have fewer behavioral problems in the classroom. *Students who qualify for free or reduced lunch automatically qualify for free or reduced breakfast.*

MONDAY(s)	TUESDAY(s)	WEDNESDAY(s)	THURSDAY(s)	FRIDAY(s)
Funnel Cakes OR Cereal w/bread choice OR Poptarts OR Bagels w/cream cheese Or Yogurt w/bread choice PLUS 100% Juice Milk	Cinnamon Tastries OR Cereal w/bread choice OR Poptarts OR Bagels w/cream cheese OR Yogurt w/bread choice PLUS 100% Juice Milk	<u>Balanced Choice Breakfast</u> Cheerios Low Fat Yogurt Fresh Apple 100% Juice Low Fat Milk Choice OR Hot Breakfast Surprise (may be French toast, pancakes, etc) OR Poptarts OR Bagels w/cream cheese OR Yogurt w/bread choice PLUS 100% Juice Milk	Cinnamon Rolls OR Cereal w/bread choice OR Poptarts OR Bagels w/cream cheese OR Yogurt w/bread choice PLUS 100% Juice Milk	Breakfast Sandwich OR Cereal w/bread choice OR Poptarts OR Bagels w/cream cheese OR Yogurt w/bread choice PLUS 100% Juice Milk

Your USDA Breakfast will include: 2 Bread or Grain items OR 1 Bread item & 1 Protein item PLUS 4 ounces 100% Fruit Juice OR Fresh Fruit plus 8 ounces of milk. Bread choice could include...animal crackers, bagel, graham crackers.

MEAL PRICES

Breakfast is \$1.25, Reduced Breakfast is \$0.30, Just a Milk is \$0.40
Lunch \$2.50, Reduced Lunch \$0.40, Just a Milk \$0.40
\$25.00 Service Fee for all returned checks.

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any USDA activity should write to the Secretary of Agriculture, Washington, D.C. 20250 Food Service is provided by Chartwells. Menu is subject to change without notice.

Tracy Nelson, Interim Director of Food Services : 248-328-3224 Lori Albright, Administrative Assistant: 248-328-3207 Cook/Crew Leader: Linda Muehl Cashier/Helpers: Karen Alvarado, Janet Church, Kim Kammerer
