

October Seven Oak Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sausage	Maple Egg & Cheese Stick	Sausage Pancake on a Stick	Ultimate Breakfast Round	Apple Stick
Yogurt	Benefit Bar	Cold Cereal	Blueberry Muffin	Cold Cereal
Breakfast Bar		Craisins	Yogurt	Sunrise Bites
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Juice		Juice	
Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.	Skim or 1% Milk, 8 oz.

Breakfast is free for all students!



Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast.

Menu subject to change.

This institution is an equal opportunity provider.