


BRANSON JR HIGH


BREAKFAST

May ~ 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Scrambled Eggs 0g English Muffin 21g Cereal (20-27g) English Muffin 21g Mandarin Oranges	2 Egg & Cheese Biscuit 31g Cereal (20-27g) Betty Crocker Oatmeal Bar 24g Grapes	3 Mini Stuffed Bagels 41g Cereal (20-27g) Toast 28g Fruit
6 Maple Pancake Wrap 17g Cereal (20-27g) Blueberry Muffin 32g Orange Wedges	7 Upstate Farms Yogurt 19g Cinnamon Roll 19g Cereal (20-27g) Cinnamon Roll 19g Pears	8 Biscuit & Gravy 37g Sausage Patty 0g Cereal (20-27g) English Muffin 21g Grapes	9 McPirate Sandwich 24g Cereal (20-27g) Betty Crocker Oatmeal Bar 24g Strawberry Cup	10 Pillsbury Mini Pancakes 39g Sausage Patty 0g Cereal (20-27g) Toast 28g Cinnamon Baked Apples
13 Manager's Delight! Cereal (20-27g) Manager's Delight! Fruit	14 Manager's Delight! Fruit	15 Manager's Delight! Fruit	16 Apple or Blueberry Breakfast Bar 53g Fruit	17 HAVE AN AWESOME SUMMER!!
20 Summer School begins June 3rd! <i>Free Breakfast & Lunch daily!</i>	21	22	23	24

LUNCH

		1 Crispy Fish Sticks 28g Roasted Rosemary Potatoes 19g <i>Fresh</i> Fruit & Veggie Bar! Strawberry Shortcake 45g	2 Cheeseburger 30g Sweet Potato Fries 24g <i>Fresh</i> Fruit & Veggie Bar!	3 Pizza 33g <i>Fresh</i> Fruit & Veggie Bar! Rice Krispy Treat 16g
6 Cherry Blossom Chicken 27g Steamed Rice 22g Egg Roll 12g <i>Fresh</i> Fruit & Veggie Bar! Fortune Cookie 5g	7 Philly Cheese Steak 28g Potato Gems 14g <i>Fresh</i> Fruit & Veggie Bar!	8 Turkey Carnitas Nachos 30g Mexican Rice 23g <i>Fresh</i> Fruit & Veggie Bar! Whole Fruit Sorbet Cup 19g	9 Salisbury Steak 4g Mashed Potatoes 15g & Gravy 3g Biscuit 29g <i>Fresh</i> Fruit & Veggie Bar!	10 Baked Mozz Sticks 30g Marinara Sauce 6g <i>Fresh</i> Fruit & Veggie Bar! Sherbet Cup 27g
13 Chicken Nuggets 15g Baked Fries 14g Breadstick 15g Veggies Fruit Cup	14 Manager's Delight! Veggies Fruit Dessert	15 Manager's Delight! Veggies Fruit	16 Pirate Meal! Jumbo Uncrustable 64g Sun Chips 19g Baby Carrots Applesauce Cup <i>Early Dismissal!</i>	17 HAVE AN AWESOME SUMMER!! 
20 Summer School begins June 3rd! <i>Free Breakfast & Lunch daily!</i>	21	22	23	24
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<p>BREAKFAST PRICES Full Price - \$1.25 Reduced - \$.30 Adult - \$1.50</p> <p>LUNCH PRICES Full Price - \$2.25 Reduced - \$.40 Adult - \$3.00</p> <p><i>"This institution is an equal opportunity provider."</i></p>	<p>Whole Grain Rich Foods, Fresh Fruits & Fresh Vegetables are included daily with our meals!</p> <p>Carb counts are estimates based on minimum serving size.</p>	<p>Extra Milk ~ \$.35 White Skim - 11g Chocolate 1% - 20g Strawberry Skim - 23g</p> <p>Extra 100% Juice ~ \$.35 Apple - 15g Apple Cherry- 16g Orange - 13g</p>	<p>Daily Entrée Options: Chef Salad w/biscuit 33g Baked Potato Plate w/biscuit 63g Munchable Meal w/String Cheese 30g Munchable Meals w/ Yogurt 50g Turkey Deli 29g Turkey Ham Deli 30g Hamburger 29g Cheeseburger 30g Breakfast ~ Uncrustable 32g</p>	<p>Students are required to select a minimum of 3 different food groups; including at least 1/2 c of fruit or vegetables!</p>  <p>Choose MyPlate gov</p>
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