

Free/Red: \$0.00
 Paid: \$2.00
 Adult: \$2.55



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PUSD Middle School Breakfast Menu

December 2019 – May 2020

* Non-Meat Item

Menu is subject to change

Week 1	Everyday Selection	Fruit of the Day
Dec 2 - 6 Jan 6 – 10 Jan 27 – 31 Feb 18 - 21 Mar 9 – 13 Apr 6 – 10 Apr 27 – May 1 May 18 - 22	Sausage Patty with Pancakes *Bagel with Cream Cheese *Double Chocolate Muffin Chicken with Waffles *Honey Loaf	Mon – Dried Cranberries Tue – Whole Apple Wed – Pineapple Tidbits Thu – Apple Slices Fri – Sliced Kiwi
Week 2	Everyday Selection	Fruit of the Day
Dec 9 - 13 Jan 13 – 17 Feb 3 – 7 Feb 24 – 28 Mar 16 – 20 Apr 13 – 17 May 4 – 8 May 26 -28	*Strawberry or Cinnamon Poptart Ham & Cheese English Muffin French Toast & Sausage Link *Bagel with Cream Cheese Pancake on a Stick	Mon – Dried Cranberries Tue – Diced Pears Wed – Diced Peaches Thu – Mandarin Oranges Fri - Sliced Kiwi
Week 3	Everyday Selection	Fruit of the Day
Dec 16 - 19 Jan 21 – 24 Feb 11 – 14 Mar 2 – 6 Mar 23 – 27 Apr 20 – 24 May 11 - 15	Bacon & Cheese Croissant Sausage & Cheese Biscuit *Buttermilk Twin Bars Breakfast Pizza *Breakfast Bun	Mon – Dried Cranberries Tue – Orange Wedges Wed – Bananas Thu – Mixed Fruit Fri - Sliced Kiwi

The following whole grain varieties of cereal are offered daily during breakfast:

- Reduced Sugar Cinnamon Toast Crunch
- Reduced Sugar Multi-Grain Cheerios
- Low Sugar Rice Chex

Fat free and 1% white milk is offered daily to complete a nutritious breakfast meal.

A variety of locally sourced fruits are available for breakfast.

Each student must select a fruit as part of a complete breakfast.

100% fruit juice offered daily.

Monthly menus, nutrition, allergen, and carbohydrate information can be found at:
www.pusd.us.

For additional information or inquiries, please contact PUSD Food and Nutrition Services
 740 W. Woodbury Rd, Pasadena, CA 91103
 (626) 396-5852

This institution is an equal opportunity provider.