

Indian Prairie School District #204

Fischer Middle School Breakfast Menu

March 2012 – April 6, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>What is included in a Breakfast MEAL? You MUST choose at least 3 items, but you can choose up to 4 items for the same \$1.60 breakfast price</p>	<p>Examples of the 4 Breakfast Items: Item #1: Cold Cereal or Other Main Item Item #2: Graham Crackers Item #3: Fresh Fruit or Fruit Juice Item #4: Milk (Skim Choc., Skim White, or 1% White)</p>		<p>1 Nutri-Grain Bar, Assorted Cold Cereal, or Bacon, Egg, & Cheese Bagel w/Hash Brown Vanilla Physedible Crackers Choice of Fruit Choice of Milk</p>	<p>2 No School Institute Day</p>
<p>5 Trix Whole Grain Cereal Bar, Assorted Cold Cereal, or Sausage, Egg & Cheese Muffin w/Hash Brown Graham Crackers Choice of Fruit Choice of Milk</p>	<p>6 Whole Grain Muffin, Assorted Cold Cereal, or Bacon, Egg, & Cheese Bagel w/Hash Brown Strawberry Physedible Crackers Choice of Fruit Choice of Milk</p>	<p>7 Yogurt Cup w/Cinnamon Raisin Bread, Assorted Cold Cereal, or Sausage, Egg & Cheese Biscuit w/Hash Brown Graham Crackers Choice of Fruit Choice of Milk</p>	<p>8 Plain Bagel w/Cream Cheese, Assorted Cold Cereal, or Bacon, Egg, & Cheese Bagel w/Hash Brown Vanilla Physedible Crackers Choice of Fruit Choice of Milk</p>	<p>9 Nutri-Grain Bar, Assorted Cold Cereal, or Ham, Egg & Cheese Muffin w/Hash Brown Graham Crackers Choice of Fruit Choice of Milk</p>
<p>12 Trix Whole Grain Cereal Bar, Assorted Cold Cereal, or Sausage, Egg & Cheese Muffin w/Hash Brown Graham Crackers Choice of Fruit Choice of Milk</p>	<p>13 Yogurt Cup w/Mini Bagel, Assorted Cold Cereal, or Bacon, Egg, & Cheese Bagel w/Hash Brown Strawberry Physedible Crackers Choice of Fruit Choice of Milk</p>	<p>14 Whole Grain Muffin, Assorted Cold Cereal, or Sausage, Egg & Cheese Biscuit w/Hash Brown Graham Crackers Choice of Fruit Choice of Milk</p>	<p>15 Cheerios Whole Grain Cereal Bar, Assorted Cold Cereal, or Bacon, Egg, & Cheese Bagel w/Hash Brown Vanilla Physedible Crackers Choice of Fruit Choice of Milk</p>	<p>16 Plain Bagel w/Cream Cheese, Assorted Cold Cereal, or Ham, Egg & Cheese Muffin w/Hash Brown Graham Crackers Choice of Fruit Choice of Milk</p>
<p>19 Trix Whole Grain Cereal Bar, Assorted Cold Cereal, or Sausage, Egg & Cheese Muffin w/Hash Brown Graham Crackers Choice of Fruit Choice of Milk</p>	<p>20 No School Parent/Teacher Conferences</p>	<p>21 Whole Grain Muffin, Assorted Cold Cereal, or Sausage, Egg & Cheese Biscuit w/Hash Brown Graham Crackers Choice of Fruit Choice of Milk</p>	<p>22 Cinnamon Raisin Bread w/Cream Cheese, Assorted Cold Cereal, or Bacon, Egg, & Cheese Bagel w/Hash Brown Vanilla Physedible Crackers Choice of Fruit Choice of Milk</p>	<p>23 HALF DAY OF SCHOOL Yogurt Cup w/Mini Bagel, Assorted Cold Cereal, or Ham, Egg & Cheese Muffin w/Hash Brown Graham Crackers Choice of Fruit Choice of Milk</p>

SPRING BREAK WEEK – March 26th–30th

<p>APRIL 2 Whole Grain Muffin, Assorted Cold Cereal, or Sausage, Egg & Cheese Muffin w/Hash Brown Graham Crackers Choice of Fruit Choice of Milk</p>	<p>3 Cheerios Whole Grain Cereal Bar, Assorted Cold Cereal, or Bacon, Egg, & Cheese Bagel w/Hash Brown Strawberry Physedible Crackers Choice of Fruit Choice of Milk</p>	<p>4 Yogurt Cup w/Mini Bagel, Assorted Cold Cereal, or Sausage, Egg & Cheese Biscuit w/Hash Brown Graham Crackers Choice of Fruit Choice of Milk</p>	<p>5 Nutri-Grain Bar, Assorted Cold Cereal, or Bacon, Egg, & Cheese Bagel w/Hash Brown Vanilla Physedible Crackers Choice of Fruit Choice of Milk</p>	<p>6 No School Today</p>
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Daily Milk Choices Include: Skim White, 1% White, and Skim Chocolate

Menu Questions or Comments?

Please Call Director of Dining Services: **Greg Manning** at 630-428-6570

-We offer a variety of whole grain, kid friendly cereals meeting our nutritional criteria of ≤ 5 grams of sugar OR ≥ 3 grams of fiber per serving.

BREAKFAST MEAL PRICES:

Paid - \$1.60, Reduced - \$.30, White Milk - \$.40, Flavored Milk - \$.50

FIND MENUS POSTED AT: www.chartwellschoolodining.com/ipsd204/content/menus.asp

Menu subject to change without notice.

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 U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

www.eatlearnlive.com

