

TIGER BREAKFAST

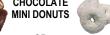




DODGE INTERMEDIATE, M.S. AND H.S. - BREAKFAST MENU - 2015-16

MONDAY

CHOICE OF POWDERED OR CHOCOLATE



TWIN PACK POPTARTS

CHOICE OF 1 OR 2 FRUITS:

ORANGE JUICE FRESH FRUIT CHOICE OF MILK **TUESDAY**

MINI MAPLE **PANCAKES**

OR DONUTS

OR PEANUT BUTTER & JELLY **UNCRUSTABLE SANDWICH**

OR TWIN PACK POPTARTS

CHOICE OF 1 OR 2 FRUITS: ORANGE JUICE FRESH FRUIT

CHOICE OF MILK

WEDNESDAY



BREAKFAST SLIDERS (Egg, Cheese and Turkey usage)

OR DONUTS

OR PEANUT BUTTER & JELLY UNCRUSTABLE SANDWICH

OR TWIN PACK POPTARTS

CHOICE OF 1 OR 2 FRUITS: ORANGE JUICE FRESH FRUIT

CHOICE OF MILK

THURSDAY

PANCAKE SAUSAGE (turkey) **WRAP ON A STICK**

OR DONUTS OR PEANUT BUTTER & JELLY UNCRUSTABLE SANDWICH

OR TWIN PACK POPTARTS

CHOICE OF 1 OR 2 FRUITS: ORANGE JUICE FRESH FRUIT

CHOICE OF MILK

FRIDAY



OR PEANUT BUTTER & JELLY UNCRUSTABLE SANDWICH

OR TWIN PACK POPTARTS

CHOICE OF 1 OR 2 FRUITS: ORANGE JUICE FRESH FRUIT

CHOICE OF MILK

BREAKFAST PRICE: \$1.50

All Breakfasts include a Fatfree Choc or 1% White Milk Milk offered for .50 cents Reduced-price is 30 cents per breakfast. Free lunch students receive Free Breakfast as well.

Our menus are planned by **Registered Dietitian Mark** Bindus and are

certified by the USDA to meet or exceed the highest standards required. **HealthierUS School**

Students must select a minimum of 3 items to qualify as a reimbursable breakfast! Students must take at least one serving of fruit or juice.

ALL BREAD, PASTAS, RICE, PIZZA CRUSTS AND BREADING ARE WHOLE GRAIN TO COMPLY WITH FEDERAL STANDARDS.

BREAKFAST SERVING TIMES:

DODGF - 7:25AM - 7:40AM

THS - 6:45AM - 7:05AM

RBC - 6:45AM - 7:00AM

HOW MUCH DOES BREAKFAST COST?

If you currently are eligible to receive a FREE LUNCH, then you are eligible for a FREE BREAKFAST as well!

If you currently are eligible to receive a REDUCED PRICE LUNCH, then you can aet breakfast for 30 cents!

If you currently pay full price for lunch, then you would have to pay the full price of breakfast which is \$1.50!

Want access to useful nutrition information and updates on our lunch program? Then follow me on Twitter at https://twitter.com/TwinTigerRD

