

May 2018

MIDWEST CENTRAL Primary School Breakfast Menu



Join us for a
Healthy
Breakfast

Selection Available Daily
Fruit Yogurt w/Toast
Assorted Breakfast Bars
Pop Tarts
Mini Donuts
Fruit Smoothie/Parfaits
Apple or Cherry Frudel

Variety of Fresh Fruit
Canned Fruit
100% Fruit Juice

Need to top-up your
child's account?
Send a check payable to
Midwest Central SD 191
OR
Go online at www.teacherease.com
& log into your student's account

Questions













Call Mary Hill
Food Service Manager
309-968-6464 X 257

Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide
is available in the Food Service Office.

arbor online
arboronline.com



For more information
or to "Ask the Dietitian",
check out our website!

	Monday	Tuesday	Wednesday	Thursday	Friday
   	MIDWEST CENTRAL IS PROVIDING BREAKFAST AT NO CHARGE TO ALL STUDENTS.	1 WILD BERRY BREAD FRUIT CHOICE	2 CHEESE OMELET W/TOAST FRUIT CHOICE	3 STRAWBERRY PANCAKES FRUIT CHOICE	4 BISCUITS & GRAVY FRUIT CHOICE
   		7 MINI MAPLE WAFFLES FRUIT CHOICE	8 *SAVORY SAUSAGE BISCUIT FRUIT CHOICE	9 BREAKFAST PIZZA FRUIT CHOICE	10 BREAKFAST WRAP FRUIT CHOICE
   	14 BISCUITS & GRAVY FRUIT CHOICE	15 BREAKFAST CHICKEN BISCUIT FRUIT CHOICE	16 SAUSAGE BAGEL FRUIT CHOICE	17 *PANCAKE WRAP FRUIT CHOICE	18 BREAKFAST PIZZA FRUIT CHOICE
   	21 *HAM & CHEESE BISCUIT FRUIT CHOICE	22 WILD BERRY BREAD FRUIT CHOICE	23 CHEESE OMELET W/TOAST FRUIT CHOICE	24 STRAWBERRY PANCAKES FRUIT CHOICE	25 BISCUITS & GRAVY FRUIT CHOICE
 	28 NO SCHOOL	29	30	31	Milk Offered Daily: w/meal or 35¢ a la carte Fat Free Flavored Fat Free White 1% White

(*) Contains Pork