



MORRIS JEFF COMMUNITY SCHOOL

Morris Jeff High School Breakfast Menu - September 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 September 2 - 6	2 Labor Day No School	3 Egg Biscuit or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	4 Cherry Frudel or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	5 Sausage Muffin or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	6 Yogurt Parfait or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	
WEEK 2 September 9 - 13	9 Ham & Swiss Croissant or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	10 Chocolate Chip Muffin or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	11 Breakfast Burrito or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	12 French Toast or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	13 English Muffin with Sunbutter or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	
WEEK 3 September 16 - 20	16 Whole Grain Pancakes or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	17 Sausage Biscuit or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	18 Raspberry Scone or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	19 Egg Muffin or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	20 Chocolate Crescent or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	
WEEK 4 September 23 - 27	23 Yogurt & Granola or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	24 Oatmeal Bar or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	25 Sausage Panini or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	26 Whole Grain Waffles or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	27 Ham & Egg Bagel or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk	
Week 5 September 30	30 Yogurt & Granola or Cereal of Choice Shiver Shock Smoothie Fresh Fruit Assorted Milk					

*This Institution is an equal opportunity provider.

