

SEPTEMBER | 2022



Middle School Breakfast Carb Count Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 DAILY CHOICES: Cereal-23 Poptart-73-76 Granola Bar-17 Nutrigrain Bar-25 Cereal Bar-30	30 Fruit Juice-13 Apple-18 Go Gurt-8 Yogurt Cup-12 String Cheese-1	31 CHOCOLATE MILK-24 WHITE MILK-11 STRAWBERRY MILK-22	1	2
5 Oatmeal Bar-25 Izze Drink-21-24	6 Cheddar Stick-1 Switch-26-30	7	8	9
12	13	14	15	16
19 EGG OMELET-1 OR ASSORTED MUFFIN(-56- 67)	20 PANCAKE WRAP-17 OR DANISH-46	21 BREAKFAST BAGEL-23 OR ASSORTED DONUT(-29-41)	22 SAUSAGE BAGEL-26 OR FRUDEL-36	23 EGG MUFFIN-27 SANDWICH OR CINI MINI-40
26	27	28	29	30

News
 WELCOME BACK TO
 THE 2022-2023
 SCHOOL YEAR!

Breakfast is offered to
 all students at no
 charge, it is not
 mandatory to
 participate, but we
 encourage our
 students to eat
 breakfast for a good
 start to their day!

Due to product
 availability menu is
 subject to change
 without notice.

Evert Public Schools
 is an equal
 opportunity provider
 and employer.

Any questions or
 concerns please call
 the FSD at
 231.734.4222