



East Moriches Middle School

DECEMBER 2017



1

Scrambled Egg W/
Cheese on a WG
Wrap

Fruit Choice
Milk Choice

4

Whole Grain
Donut Holes

Fruit Choice
Milk Choice

5

Oatmeal with
Cinnamon Sugar

Fruit Choice
Milk Choice

6

WG Pancakes
w/Syrup

Fruit Choice
Milk Choice

9

Assorted Whole Grain
Muffins

Fruit Choice
Milk Choice

10

Scrambled Egg W/
Cheese on a WG
Wrap

Fruit Choice
Milk Choice

13

Whole Grain
Donut Holes

Fruit Choice
Milk Choice

14

Oatmeal with
Cinnamon Sugar

Fruit Choice
Milk Choice

15

WG Pancakes
w/Syrup

Fruit Choice
Milk Choice

16

Assorted Whole Grain
Muffins

Fruit Choice
Milk Choice

17

Scrambled Egg W/
Cheese on a WG
Wrap

Fruit Choice
Milk Choice

20

Whole Grain
Donut Holes

Fruit Choice
Milk Choice

21

Oatmeal with
Cinnamon Sugar

Fruit Choice
Milk Choice

22

WG Pancakes
w/ Syrup

Fruit Choice
Milk Choice

23

Assorted Whole Grain
Muffins

Fruit Choice
Milk Choice

24

Scrambled Egg W/
Cheese on a WG
Wrap

Fruit Choice
Milk Choice

27

28

29

30

**Meal Price:
\$1.50**

**Reduced Eligible:
\$0.25**

DON'T FORGET!!

If your student qualifies for FREE or REDUCED lunch, they also receive breakfast at the same rate!

***Breakfast is the most important meal of the day!
Don't miss it!***

Items with a (P) may contain pork.

****Available Daily:**

Bagel with Butter or Cream Cheese, Muffins and Cinnamon Rolls, Cereal, Yogurt Parfait Cup

Apples, Oranges, Fruit Cups, Orange Juice, Apple Juice, Fruit Punch

Cheerios, Frosted Flakes, Cinnamon Toast Crunch

1% White Milk, Fat-Free White Milk, Fat-Free Chocolate Milk

Bread Basket Offered Daily!