



East Moriches Middle School

February 2018

			1 Assorted Whole Grain Muffins Fruit Choice Milk Choice	2 Scrambled Egg W/ Cheese on a WG Wrap Fruit Choice Milk Choice
5 Whole Grain Donut Holes Fruit Choice Milk Choice	6 Oatmeal with Cinnamon Sugar Fruit Choice Milk Choice	7 WG Pancakes w/Syrup Fruit Choice Milk Choice	8 Assorted Whole Grain Muffins Fruit Choice Milk Choice	9 Scrambled Egg W/ Cheese on a WG Wrap Fruit Choice Milk Choice
12 Whole Grain Donut Holes Fruit Choice Milk Choice	13 Oatmeal with Cinnamon Sugar Fruit Choice Milk Choice	14 WG Pancakes w/Syrup Fruit Choice Milk Choice	15 Assorted Whole Grain Muffins Fruit Choice Milk Choice	16 Scrambled Egg W/ Cheese on a WG Wrap Fruit Choice Milk Choice
19	MID WINTER RECESS			23
26 Whole Grain Donut Holes Fruit Choice Milk Choice	27 Oatmeal with Cinnamon Sugar Fruit Choice Milk Choice	28 WG Pancakes w/Syrup Fruit Choice Milk Choice		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!