

# Penns Grove-Carneys Point Food and Nutrition Service

*"We Serve Food For Thought"*

## Middle School Breakfast Menu

Breakfast is served every day beginning at 7:45 a.m. in the cafeteria.

Breakfast is free to all students.

### Daily Breakfast Options:

*Choose one (1) from this group:*

Assorted Cereal Bowl w/Graham Crackers  
Bagel w/Condiments  
Assorted 8 oz. Yogurt Cup  
Donuts  
Pop Tart  
Granola Bar  
Fruit Frudel  
Oatmeal Chocolate Chip Bar  
Oatmeal Apple Bar  
Peanut Butter & Jelly Cup w/WG Bread Slices (2)

*Choose one (1) from this group:*

Assorted 100% Fruit Juices  
Assorted Fresh or Sliced Fruit  
Assorted Vegetables  
*\*Students must select ½ cup of Fruit or Vegetable.*

*Choose one (1) from this group:*

Assorted White Milk: 1% or Skim  
Fat Free Chocolate or Strawberry Milk  
Lactaid

Can't decide? All-in-one grab and go Breakfast Break-just choose your milk!

**Please join your friends to energize your day!**

**This institution is an equal opportunity provider.  
Esta institución es un proveedor que ofrece igualdad de oportunidades.**

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