



Urbana Middle School Breakfast Menu

January 2018

1

Happy New Years!

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3

- 1) Pancake on a Stick**
- 2) Bacon* & Cheese Quesadilla
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

4

- 1) Glazed Donut
- 2) Mini Cinnamon Bagels
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

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- 1) Breakfast Pizza*
- 2) Cherry Frudel
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

8

- 1) Biscuits & Gravy*
- 2) Chicken Biscuit
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

9

- 1) Warm Cinnamon Roll
- 2) Bacon* & Cheese Muffin
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

10

- 1) Pancakes w/Syrup
- 2) Egg & Cheese Biscuit
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

11

- 1) Cheesy Scrambled Eggs, Toast & Hashbrown
- 2) Mini Cinni's
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

12

- 1) Powdered Sugar Donut
- 2) Blueberry Waffles
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

Offered Daily at Breakfast
 Fresh Fruit & 100% Juice
 FF Chocolate Milk & 1% White Milk

Notes
 *=Pork Product
 **Chicken Product

15

Martin Luther King, Jr's Birthday

16

- 1) Ham** & Cheese Tort Roll
- 2) Cinnamon Rush French Toast
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

17

- 1) Sausage** & Cheese Muffin
- 2) Mini Strawberry Bagels
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

18

- 1) Chocolate Glazed Donut
- 2) Mini Maple Waffles
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

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- 1) Egg & Cheese Bagel
- 2) Apple Frudel
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

More info...

If you are a Vegetarian and would like a special salad Entree (with no meat) please ask at breakfast and we will prepare it for your lunch!!

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- 1) Pancakes w/ Syrup
- 2) Mini Cinni's
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

23

- 1) Bacon* & Cheese Quesadilla
- 2) Mini Maple Pancakes
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

24

- 1) Glazed Donut
- 2) Blueberry Waffles
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

25

- 1) Breakfast Pizza*
- 2) Bagel & Cream Cheese
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

26

- 1) Warm Cinnamon Roll
- 2) Pancake on a Stick**
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

29

- 1) Ham** & Cheese Quesadilla
- 2) Mini Strawberry Bagels
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

30

- 1) Cinnamon Sugar Donut
- 2) Sausage** & Cheese Burrito
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

31

- 1) Egg & Cheese Biscuit
- 2) Pancake on a Stick**
- 3) Assorted Breakfast Bar Flavors
- 4) Assorted Muffins w/ Cinnamon Toast or Cheese Stick
- 5) Assorted Cereal w/ Cinnamon Toast or Cheese Stick

For additional Nutritional Education Materials, please visit www.usd116.org, click on 'Food Menus' under the Quick Links on the right side of the homepage. Here you will find the new Nutritional Education Section! If you have any questions, please call Aramark at 217-384-3694!