



Artwork by Elizabeth Kim
6th Grade Student
Bull Run Middle School

BREAKFAST

MIDDLE SCHOOL BREAKFAST MENU

Breakfast includes **one entrée, fruit, veggies, 100% fruit juice**, and a choice of **low-fat, fat-free, or fat-free chocolate milk**.

PROTEIN

GRAINS

MILK

VEGGIES

FRUIT

Students must choose **at least 1/2 cup** of fruits or vegetables.

OFFERED DAILY



Muffin (v)
with Cheese Stick (v)

Cereal (vg)
with Cheese Stick (v)

PB & J Uncrustable Sandwich (vg)
with Cheese Stick (v)

Munchie Mix (v)
with Cheese Stick (v)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks (v)	Pancake Sandwich (v)	French Toast Sticks (v)	Pancake Sandwich (v)	French Toast Sticks (v)
Mini Pancakes (v)	Cinnamon Waffle (v)	Mini Pancakes (v)	Cinnamon Waffle (v)	Mini Pancakes (v)
Turkey Ham & Cheese Croissant	Chicken Biscuit	Turkey Ham & Cheese Croissant	Chicken Biscuit	Turkey Ham & Cheese Croissant

(v) Vegetarian Entrées

*May contain animal-derived rennet

(vg) Vegan Entrées

Menu subject to change based on product availability.



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