



# Palo Alto Unified School District Middle School BRUNCH Menu September 2017

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. **Locally-grown items are offered whenever seasonally-available.** rBST hormone free low-fat or fat-free milk is included with all meals. A meal includes an entrée, fruit and vegetable selection and milk. All bread products are whole grain and all featured menu items contain zero trans fat.

Monday 9-4	Tuesday 9-5	Wednesday 9-6	Thursday 9-7	Friday 9-8
French Toast Sticks with Turkey Sausage  Cinnamon Roll  Assorted Cereal or Oatmeal & String Cheese	Egg & Cheese Sandwich with Tater Tots  Cinnamon Superstix  Assorted Cereal or Oatmeal & Graham Crackers	Chicken & Waffles  Assorted Cereal or Oatmeal & String Cheese  Yogurt/ Parfait	Breakfast Burrito with Tater Tots  Cinnamon Roll  Assorted Cereal or Oatmeal & Sunflower Seeds	Breakfast Sausage Pizza  Pancake on a Stick with Tater Tots  Assorted Cereal or Oatmeal & Graham Crackers
Monday 9-11	Tuesday 9-12	Wednesday 9-13	Thursday 9-14	Friday 9-15
French Toast Sticks with Turkey Sausage  Cinnamon Roll  Assorted Cereal or Oatmeal & Sunflower Seeds	WG Egg & Cheese Taco with Tater Tots  Assorted Cereal or Oatmeal & Graham Crackers  Yogurt Parfait	Ham, Egg & Cheese English Muffin  Otis Muffin with Cheese Stick  Assorted Cereal or Oatmeal & String Cheese	Mini Blueberry Pancakes w/ Turkey Sausage  Bagel w/Cream Cheese  Assorted Cereal or Oatmeal & Sunflower Seeds	Apple Bosco Stick  Benefit Bar  Assorted Cereal or Oatmeal & String Cheese
Monday 9-18	Tuesday 9-19	Wednesday 9-20	Thursday 9-21	Friday 9-21
Belgian Waffle Sticks with Turkey Sausage  Cherry Frudel  Assorted Cereal or Oatmeal & String Cheese	WG Egg & Cheese Sandwich with Tater Tots  Cinnamon Superstix  Assorted Cereal or Oatmeal & Graham Crackers	Chicken & Waffles  Assorted Cereal or Oatmeal & String Cheese  Yogurt/ Parfait	Breakfast Burrito with Tater Tots  Cinnamon Roll  Assorted Cereal or Oatmeal & Sunflower Seeds	Breakfast Sausage Pizza  Pancake on a Stick with Tater Tots  Assorted Cereal or Oatmeal & Graham Crackers
Monday 9-25	Tuesday 9-26	Wednesday 9-27	Thursday 9-28	Friday 9-29
French Toast Sticks with Turkey Sausage  Cinnamon Roll  Assorted Cereal or Oatmeal & Sunflower Seeds	WG Egg & Cheese Taco with Tater Tots  Assorted Cereal or Oatmeal & Graham Crackers  Yogurt Parfait	Ham, Egg & Cheese English Muffin  Otis Muffin with Cheese Stick  Assorted Cereal or Oatmeal & String Cheese	Mini Blueberry Pancakes w/ Turkey Sausage  Bagel w/Cream Cheese  Assorted Cereal or Oatmeal & Sunflower Seeds	Apple Bosco Stick  Benefit Bar  Assorted Cereal or Oatmeal & String Cheese
Fruit Offerings	Fruit Offerings	Fruit Offerings	Fruit Offerings	Fruit Offerings
Apples Oranges Bananas Raisins Peaches	Apples Oranges Bananas Raisins Cantaloupe Cubes	Apples Oranges Bananas Raisins Kiwi	Apples Oranges Bananas Raisins Honeydew Cubes	Apples Oranges Bananas Raisins Cantaloupe Cubes



We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no arti-

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