



# Nyack Middle School Breakfast Menu January 2019

A choice of 1% White Milk as well as Skim White Milk available each day for breakfast.

Manage your student's account at:  
[www.mypaymentsplus.com](http://www.mypaymentsplus.com)

## More info...

All Breads and Rolls offered are Whole Grain products.

Fresh Fruit and 100% Juice Offered Daily

Student Breakfast Price \$1.25

If you have a FOOD ALLERGY please speak with your Food Service Director or Lead Server.



This institution is an equal opportunity provider.

Blank menu item card.

1

2  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

3  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

4  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

7  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

8  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

9  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

10  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

11  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

14  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

15  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

16  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

17  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

18  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

21  
**No School  
Martin Luther King Jr. Day**

22  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

23  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

24  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

25  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

28  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

29  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

30  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

31  
Roll with Chicken Sausage, or Bacon Egg & Cheese  
Choice of Assorted Cereal  
Whole Grain Donut or  
Whole Grain Muffin

Blank menu item card.