



# North East Middle School

## Breakfast Menu

Grain Choice, Pick one of the following = **1 Component**

- Assorted Reduced Sugar Cereal Bowl w/ half a Bagel
- Assorted Breakfast Bar
- Whole Wheat Bagel w/ Cream Cheese or Margarine

Fruit Choice Choose 1 Fruit and/or 1 Juice =

**1 Component per choice**

- Assorted Fresh Fruit
- Assorted Canned Fruit
- Assorted 100% Juice carton

Milk Choice = **1 Component**

- 1% Unflavored Milk
- Skim Flavored Milk ( Chocolate & Strawberry)

For a complete Breakfast students must have  
a minimum of

**3 Components (including a Fruit Choice)**