


May 2012 Breakfast Menu

IPSWICH MIDDLE & HIGH SCHOOLS

STUDENT BREAKFAST PRICE: \$1.75 includes 8oz. MILK

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast is served at 7 am <small>(and @9am for seniors and faculty only)</small>	Smoothie Breakfast <small>16 oz Smoothie with choice of blueberry muffin, pop tart, or Nutrigrain bar</small>	Bacon, egg and cheese on an English muffin Orange smiles	<small>2</small> Fresh baked raspberry turnover 4 oz yogurt Cranberry juice	<small>3</small> Cinnamon raisin bagel with cream cheese watermelon yogurt Apple	<small>4</small> Sausage, egg and Cheese on an English muffin Orange juice
French Toast Sticks <small>Available every MONDAY WEDNESDAY and THURSDAY</small>	<small>7</small> Chocolate chip muffin Granola 4 oz yogurt Cantaloupe wedge	<small>8</small> Egg and cheese sandwich on a Croissant Apple juice	<small>9</small> Western Omelet (ham, onions & peppers) Cheese stick	<small>10</small> Pancakes Maple syrup Strawberry banana yogurt Orange juice	<small>11</small> Ham , egg and cheese sandwich on an English muffin Orange smiles
Oatmeal, Cold cereal, and yogurt available every day <small>(add granola - \$.50)</small>	<small>14</small> Scrambled egg Ham and ½ English muffin Orange smiles	<small>15</small> Sausage, egg, and cheese sandwich on an English muffin Apple juice	<small>16</small> Belgian waffle Warm cinnamon apple slices and cream 4 oz yogurt	<small>17</small> Blueberry muffin Fresh melon Cheese stick	<small>18</small> Bacon , egg & cheese sandwich on an English muffin Orange smiles
Fresh Fruit & Juice <small>are available every day</small> <small>Your choice is included with every meal</small>	<small>21</small> Pancakes With strawberries & cream Sausage Cranberry Juice	<small>22</small> Ham, egg and cheese sandwich on an English muffin Apple juice	<small>23</small> French toast bagel with cream cheese Fresh cantaloupe cubes	<small>24</small> Sausage and cheese biscuit Banana	<small>25</small> Sausage , egg and cheese on an English muffin Apple juice
All meals come with 8oz. 1% ,fat-free Chocolate, Strawberry, or skim hot chocolate \$1.00	<small>28</small> Memorial Day	<small>29</small> Bacon, egg & cheese sandwich on an English muffin Orange juice	<small>30</small> Wheat bagel Cream cheese Orange smiles	<small>31</small> Scrambled mini pizza 4 oz yogurt Apple juice	

*(All items subject to change.)