

### SPMS SUNSHINE BREAKFAST

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit & Gravy	Breakfast Pizza	Ham/egg/cheese	French Toast	Fruit Muffin	
or	or	on english muffin or	Sticks w/syrup or	or	
Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly
or PB&J	or PB&J	or PB&J	or PB&J	or PB&J	or PB&J
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit & Gravy	Waffle Sticks	Egg, sausage, &	Cinnamon Raisin	Ham Biscuit	
or	w/syrup or	Toast w/jelly or	Biscuit or	or	
Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly
or PB&J	or PB&J	or PB&J	or PB&J	or PB&J	or PB&J
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit & Gravy	Sausage/egg/cheese	Fruit Muffin	Breakfast Pizza	Eggs/Hash Brown	
or	on english muffin or	or	or	& Toast or	
Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly
or PB&J	or PB&J	or PB&J	or PB&J	or PB&J	or PB&J

Plus your choice of one fresh fruit or juice daily. Milk choices are 1% chocolate, strawberry or white.  
Cereal varieties: Cinnamon Toast Crunch, Cocoa Krispies, Frosted Flakes, & Cheerios

### SUB - SALAD - SIDE ITEMS SHOP (Cycle repeated weekly)

Monday	Tuesday	Wednesday	Thursday	Friday
Ham or Turkey Sub	Ham or Turkey Sub	Ham or Turkey Sub	Ham or Turkey Sub	Ham or Turkey Sub
Subs comes with lettuce, tomato, pickle, plus your choice of one fruit & 1/2 pt. milk or juice & chips.				
Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
w/Ham & Cheese	w/Turkey & cheese	w/Popcorn chicken	w/Tuna Salad	w/Turkey & cheese
All salads come with crackers and ranch dressing, plus your choice of one fruit & one -- 1/2 pint of milk or juice. Sub and salad cycles repeated weekly.				

Children who are hungry find it difficult to stay alert and participate in their classroom experiences. The School Breakfast Program helps close the "readiness gap" with nutritious food in a cost-effective manner before classes begin. Breakfast is offered in ALL schools.

To apply for free or reduced price meal benefits, complete a family application, which is available in your school's office or the board of education office. If your student qualifies for free or reduced price lunch, they also qualify for free or reduced price breakfast.

### 1ST WEEK MAIN LINE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Country fried steak w/gravy & Roll	Stuffed bread sticks w/Marinara sauce	Hamburger on bun	Cheese Nachos	Pepperoni pizza
<b>Choice of 2:</b> Mashed potatoes Vegetable medley Apple -- Peaches Cookie	<b>Choice of 2:</b> Garden Salad Peas Mixed Fruit -- Apple	<b>Choice of 2:</b> Lettuce/Tomato & Pickle/Onion & Fries Pineapple -- Apple -- Cookie	<b>Choice of 2:</b> Celery sticks Corn Applesauce -- Oranges	<b>Choice of 2:</b> Garden salad Banana -- Kiwi

Plus your choice of one 1/2 pint drink.

### 2ND WEEK MAIN LINE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Legs	Hamburger on bun	Taco salad w/tortilla chips	Popcorn chicken w/bread slice	Country fried steak w/gravy & roll
<b>Choice of 2:</b> Mashed potatoes Coleslaw Pineapple -- Apple -- Cookie	<b>Choice of 2:</b> Lettuce/Tomato/Pickle Potato Wedges Applesauce -- Oranges	<b>Choice of 2:</b> Lettuce/Tomato Corn Mixed fruit -- Apple -- Cookie	<b>Choice of 2:</b> Green beans Cooked carrots Pears -- Apples	<b>Choice of 2:</b> Mashed potatoes Vegetable medley Apple -- Peaches Cookie

Plus your choice of one 1/2 pint drink.

### 3RD WEEK MAIN LINE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Pepperoni Pizza	Stuffed bread sticks w/Marinara sauce	Chicken Pattie on bun	Hamburger on bun	Cheese Quesadilla
<b>Choice of 2:</b> Garden Salad Apple -- Peaches Cookie	<b>Choice of 2:</b> Garden Salad Peas Mixed Fruit -- Apple	<b>Choice of 2:</b> Broccoli w/cheese Carrot sticks Pineapple -- Apple -- Cookie	<b>Choice of 2:</b> Lettuce/Tomato/Pickle Fries Apple -- Oranges	<b>Choice of 2:</b> Garden salad Pears -- Apple Cookie

Plus your choice of one 1/2 pint drink.

### AUGUST '07

M	T	W	R	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

### JANUARY '08

M	T	W	R	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

No school on dates without background color.

### SEPTEMBER

M	T	W	R	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

### FEBRUARY

M	T	W	R	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

### OCTOBER

M	T	W	R	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

### MARCH

M	T	W	R	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

### NOVEMBER

M	T	W	R	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

### APRIL

M	T	W	R	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

### DECEMBER

M	T	W	R	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

### MAY

M	T	W	R	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

