

# Regional District 13

Frank Strong Middle School



*Fuel Up your day with  
School breakfast!!*

## Daily Breakfast Meal choices:

**\$2.50 WG-French Toast Sticks**, tater tots, apple sauce, assorted seasonal fruit & choice of milk.

**\$2.50 Hot Oatmeal** cereal, apple slices, assorted seasonal fruit & choice of milk.

**\$3.00 Bagel & cream cheese**, 4 oz. apple juice, assorted seasonal fruit & choice of milk

**\$3.25 Sausage, Egg & Cheese Bagel**, apple sauce, assorted seasonal fruit & choice of milk



*We serve whole grain, low fat milk & cheese, reduced sugar cereals and a variety of fruit & 100% fruit juice with NO added sugar. We meet USDA diet regulations.*

