



Johnston MS & HS Breakfast Menu

September 2017

28
Cinnamon Toast Crunch Breakfast Bar w/ String Cheese

side items
Grapes, Mixed Fruit
100% Fruit Juice, Low-Fat Milk

29
Blueberry Muffin

side items
Fresh Apple, Raisins
100% Fruit Juice, Low-Fat Milk

30
Cinnamon Granola Round

side items
Grapes, Mixed Fruit
100% Fruit Juice, Low-Fat Milk

31
Trix Cereal Bar

side items
Fresh Apple, Raisins
100% Fruit Juice, Low-Fat Milk

1
Cherry Frudel

side items
Grapes, Mixed Fruit
100% Fruit Juice, Low-Fat Milk

4
Columbus Day
No School

side items

5
Cinni Minis

side items
Banana, Diced Peaches
100% Fruit Juice, Low-Fat Milk

6
Apple Bosco Stick

side items
Orange Wedges, Craisins
100% Fruit Juice, Low-Fat Milk

7
Banana Chocolate Chip Benefit Bar

side items
Banana, Diced Peaches
100% Fruit Juice, Low-Fat Milk

8
Apple Cinnamon Muffin w/ String Cheese

side items
Orange Wedges, Craisins
100% Fruit Juice, Low-Fat Milk

11
Apple Frudel

side items
Fresh Apple, Diced Pears
100% Fruit Juice, Low-Fat Milk

12
Blueberry Bagel w/ Cream Cheese

side items
Applesauce, Raisins
100% Fruit Juice, Low-Fat Milk

13
French Toast Benefit Bar

side items
Fresh Apple, Diced Pears
100% Fruit Juice, Low-Fat Milk

14
Egg, Ham & Cheese Bosco Stick

side items
Applesauce, Raisins
100% Fruit Juice, Low-Fat Milk

15
Banana Muffin w/ String Cheese

side items
Fresh Apple, Diced Pears
100% Fruit Juice, Low-Fat Milk

18
Oat Raisin Benefit Bar

side items
Banana, Applesauce
100% Fruit Juice, Low-Fat Milk

19
Blueberry Muffin w/ String Cheese

side items
Orange Wedges, Raisins
100% Fruit Juice, Low-Fat Milk

20
Cinnamon Raisin Bagel w/ Cream Cheese

side items
Banana, Applesauce
100% Fruit Juice, Low-Fat Milk

21
Trix Cereal Bar w/ String Cheese

side items
Orange Wedges, Raisins
100% Fruit Juice, Low-Fat Milk

22
English Muffin w/ Jelly

side items
Banana, Applesauce
100% Fruit Juice, Low-Fat Milk

25
Cherry Frudel

side items
Fresh Apple, Pineapple
100% Fruit Juice, Low-Fat Milk

26
Apple Cinnamon Muffin w/ String Cheese

side items
Fresh Pear, Craisins
100% Fruit Juice, Low-Fat Milk

27
French Toast Benefit Bar

side items
Fresh Apple, Pineapple
100% Fruit Juice, Low-Fat Milk

28
Sausage Breakfast Pizza

side items
Fresh Pear, Craisins
100% Fruit Juice, Low-Fat Milk

29
Cinnamon Granola Round w/ Cheese Stick

side items
Fresh Apple, Pineapple
100% Fruit Juice, Low-Fat Milk

Donna Humphries
Food Service Director
humphries-donna@aramark.com
401-233-1920 Ext. 2653

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

Menu Subject to Change:

Available Daily:
Whole Grain Breakfast Bars, Breakfast Sandwich's, & Assorted Cereals

Price:
Full: \$1.50 Reduced: \$.40

Milk:
1% Plain, Chocolate & Coffee Skim Milk