

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.

