

# Regional District 13

Frank Strong Middle School



*Fuel Up your day with  
School breakfast!!*

## Daily Breakfast Meal choices:

**WG-French Toast Sticks**, fruit juice, assorted seasonal fruit & choice of milk.

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

**Egg & Cheese Bagel**, assorted seasonal fruit & choice of milk

**Jump Start Breakfast Break:** Choice of WG Cereal, String Cheese, Fruit Juice box, Teddy Graham crackers, assorted seasonal fruit and 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.*

