



# January 2010

Start your day with a healthy breakfast!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>More Info...</b></p> <p><b>Breakfast Prices:</b>  <b>Paid: \$1.75</b>  <b>Reduced: \$.30</b>  <b>Free: No Pay</b></p> <p><b>Did you know</b>  <b>If you receive free or reduced lunch, you also receive free or reduced breakfast.</b></p> <p><b>Available Daily</b></p> <p><b>Assorted Cereals</b>  <b>Cereal Bars</b>  <b>Fresh Fruit</b>  <b>Juice Selection</b></p> <p><b>* Entrée contains pork or pork products.</b></p> <p><b>Questions, Comments or Concerns? Call the Aramark Office at 815-547-4063.</b></p>
<b>4</b> Egg & Cheese Muffin French Toast Sticks w/ Ham Slice* & Syrup Apple Juice Milk Selection	<b>5</b> Ham & Egg Bagel* Cheese Omelet w/ Biscuit Mandarin Oranges Milk Selection	<b>6</b> Sausage & Cheese Biscuit Breakfast Pizza* Diced Pears Milk Selection	<b>7</b> Egg & Cheese Burrito Ham & Cheese Muffin* Mixed Fruit Cup Milk Selection	<b>8</b> Ham & Egg Bagel* Pancakes w/ Syrup Sausage Patty Diced Pears Milk Selection	
<b>11</b> Sausage & Egg Muffin Breakfast Stromboli* Diced Pears Milk Selection	<b>12</b> Ham & Egg Biscuit* Sausage & Egg Burrito Pineapple Chunks Milk Selection	<b>13</b> Egg & Cheese Bagel Cinnamon Roll Mandarin Oranges Milk Selection	<b>14</b> Pancakes w/ Sausage and Syrup Sausage & Cheese Muffin Diced Peaches Milk Selection	<b>15</b> Ham & Cheese Biscuit* French Toast Sticks w/ Sausage & Syrup Milk Selection	
<b>18</b> No School  Martin Luther King Day	<b>19</b> Breakfast Pizza* Ham & Egg Biscuit* Mandarin Oranges Milk Selection	<b>20</b> Sausage & Cheese Burrito Egg & Cheese Bagel Pineapple Chunks Milk Selection	<b>21</b> Sausage & Cheese Muffin Cinnamon Roll Diced Peaches Milk Selection	<b>22</b> Ham & Cheese Biscuit* Pancakes w/ Syrup Ham Slice* Diced Pears Milk Selection	
<b>25</b> French Toast Sticks w/ Ham Slice* & Syrup Ham & Cheese Muffin* Diced Pears Milk Selection	<b>26</b> Egg & Cheese Burrito Cinnamon Roll Mixed Fruit Cup Milk Selection	<b>27</b> Ham & Egg Biscuit* Cheese Omelet w/ Biscuit Diced Peaches Milk Selection	<b>28</b> Breakfast Pizza* Pancakes w/ Syrup Ham Slice* Fresh Apple Milk Selection	<b>29</b> Ham & Cheese Muffin* Egg & Cheese Bagel Mixed Fruit Cup Milk Selection	
<b>1</b> Sausage & Egg Muffin Cinnamon Roll Mandarin Oranges Milk Selection	<b>2</b> French Toast Sticks w/ Sausage & Syrup Sausage & Cheese Burrito Fresh Apple Milk Selection	<b>3</b> Sausage & Cheese Biscuit Breakfast Pizza Pineapple Chunks Milk Selection	<b>4</b> Pancakes w/ Syrup Sausage Patty Cinnamon Roll Diced Peaches Milk Selection	<b>5</b> Ham & Cheese Muffin* Egg & Cheese Bagel Mixed Fruit Cup Milk Selection	

## Belvidere Middle School Breakfast Menu



### Special News...

Fruit of the Month: Apples  
 Vegetable of the Month: Squash

Menus are subject to change without notice.

