

BRUNCH  
SERVED DAILY  
DURING  
MORNING BREAK



# South Pasadena Middle School Brunch

| Monday                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                  | Friday                                                                                                                                                                                                  |
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| Pizza Bagel<br>Beef Chorizo & Cheese Roll up<br>Mini Cinnis or Stuffed Bagel Variety<br>Banana Bread<br>Fruit & Yogurt Smoothie, Crackers<br>Bagel Variety<br>WG Cereal, 25% less Sugar<br>Cheerios Cereal Bar | Pizza Bagel<br>Breakfast Sandwich Variety<br>Breakfast Bun<br>WG Muffin Variety<br>Fruit & Yogurt Smoothie, Crackers<br>Bagel Variety<br>WG Cereal, 25% less Sugar<br>Cheerios Cereal Bar | Pizza Bagel<br>Pepper Jack Cheese Quesadilla<br>Soft Pretzel & Cream Cheese<br>Crumble Pastry Variety<br>Concha Variety<br>Fruit & Yogurt Smoothie, Crackers<br>Bagel Variety<br>WG Cereal, 25% less Sugar<br>Cheerios Cereal Bar | Pizza Bagel<br>Breakfast Egg Roll<br>Breakfast Bun<br>WG Artisan Waffle Variety<br>Fruit & Yogurt Smoothie, Crackers<br>Bagel Variety<br>WG Cereal, 25% less Sugar<br>Cheerios Cereal Bar | Pizza Bagel<br>Egg, Sausage & Cheese Tornado<br>Apple Breakfast Bun<br>Puffed Pancake Variety<br>Fruit & Yogurt Smoothie, Crackers<br>Bagel Variety<br>WG Cereal, 25% less Sugar<br>Cheerios Cereal Bar |

ALL MEALS INCLUDE FRESH SEASONAL FRUIT, LOWFAT REGULAR OR NON-FAT CHOCOLATE MILK. STUDENTS MUST TAKE 3 OF THE 4 FOOD GROUPS OFFERED FOR A "COMPLETE" MEAL. STUDENTS MUST TAKE AT LEAST ONE FRUIT OR 100% JUICE TO RECEIVE THEIR MEAL AT NO CHARGE. MENU SUBJECT TO CHANGE.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



SUGAR

IN COMPLIANCE WITH USDA REGULATIONS, SPUSD FOOD & NUTRITION HAS REDUCED ADDED SUGAR TO LESS THAN 10% OF AVERAGE CALORIES FOR THE WEEK FOR BRUNCH.

ALL MEALS MUST BE COMPLETE WITH A FRUIT OR JUICE TO RECEIVE YOUR MEAL AT NO CHARGE.