





# September West Milford Middle School



## 2019 Breakfast Menu

POMPTONIAN  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
2	3	4 French Toast Sticks with Syrup Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk 	5 Bacon, Egg & Cheese Sandwich Fresh Fruit 100% Pure Fruit Juice* Choice of Milk	6 Egg & Cheese on a Whole Wheat Bun Fresh Fruit 100% Pure Fruit Juice* Choice of Milk
11 Ham, Egg & Cheese on a Bun Fresh Fruit 100% Pure Fruit Juice* Choice of Milk	12 Waffles with Syrup Sausage Links Fresh Fruit 100% Pure Fruit Juice* Choice of Milk 	13 Bacon, Egg & Cheese on a Bun Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk	14 French Toast Sticks with Syrup Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk	15 Pancakes with Syrup Sausage Patty Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk
18 Egg & Cheese Sandwich on Whole Wheat Bread Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk	19 Pork Roll, Egg & Cheese Sandwich Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk	20 French Toast Sticks with Syrup Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk	21 Egg & Cheese in a Wrap Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk	22 Sausage, Egg & Cheese in a Wrap Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk
25 Bacon & Egg on a Whole Wheat Bun Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk	26 Pancakes with Syrup Sausage Patty Fruit/ 100% Pure Fruit Juice* Choice of Milk	27 Egg & Cheese in a Wrap Fruit/ 100% Pure Fruit Juice* Choice of Milk	28 French Toast Sticks with Syrup Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk	1 Ham, Egg & Cheese on a Bun Fresh Fruit/ 100% Pure Fruit Juice* Choice of Milk

**Alternate Breakfast available daily:**

- Bowl of Cereal with Bread & Jelly, Pure Fruit Juice & Choice of Milk
- Bagel with choice of cream cheese or butter 100% pure fruit juice & choice of Milk
- Choice of Milk offered with Breakfast: Non-Fat White, Chocolate & Strawberry

\*2 - ½ cup servings of Fresh &/or Cupped Fruit  
or ½ cup 100% Juice & ½ cup Fresh or Cupped Fruit



**At least 50% of All Grains served w/ your meal are Whole Grain Rich**

"This institution is an equal opportunity provider."