



Northwest Middle School

September
2019

Start your Day right with a Great Breakfast!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day No School	3 Long John Choice of Cereal Cereal Bars Graham Crackers Fruit Juice 1% Milk	4 Cheese Omelet Choice of Cereal Super Donut Graham Crackers Fruit Juice 1% Milk	5 French Toast Sticks Choice of Cereal Mini Chocolate Donuts Graham Crackers Fruit Juice 1% Milk	6 Breakfast Sliders Choice of Cereal Pop Tarts Graham Crackers Fruit Juice 1% Milk
9 Apple Bosco Stick Choice of Cereal Powdered Mini Donuts Graham Crackers Fresh Fruit 1% Milk	10 Breakfast Pizza Choice of Cereal Super Donut Graham Crackers Fruit Juice 1% Milk	11 Cheese Omelet Choice of Cereal Pop Tarts Graham Crackers Fruit Juice 1% Milk	12 Breakfast Slider Choice of Cereal Chocolate Donut Graham Crackers Fruit Juice 1% Milk	13 Ham & Cheese on a Bagel Choice of Cereal Super Donut Graham Crackers Fruit Juice 1% Milk
16 Breakfast Sliders Choice of Cereal Cereal Bars Graham Crackers Fresh Fruit 1% Milk	17 Cinnamon Roll Choice of Cereal Super Donut Graham Crackers Fruit Juice 1% Milk	18 Cheese Omelet Choice of Cereal Mini Donut Graham Crackers Fresh Juice 1% Milk	19 Breakfast Sliders Choice of Cereal Pop Tarts Graham Crackers Fresh Juice 1% Milk	20 Breakfast Pizza Choice of Cereal Mini Donut Graham Crackers Fresh Fruit 1% Milk
23 Breakfast Sliders Choice of Cereal Mini Donut Graham Crackers Fruit Juice 1% Milk	24 Long John Choice of Cereal Super Donut Graham Crackers Fruit Juice 1% Milk	25 Cheese Omelet Choice of Cereal Pop Tarts Graham Crackers Fruit Juice 1% Milk	26 Apple Cinnamon Toast Choice of Cereal Mini Donut Graham Crackers Fruit Juice 1% Milk	27 Ham & Cheese on a Bagel Choice of Cereal Pop Tart Graham Crackers Fruit Juice 1% Milk
30 Apple Bosco Stick Choice of Cereal Cereal Bars Graham Crackers Fruit Juice 1% Milk				<p>Choose MyPlate.gov</p>

PRICES

Regular	\$1
Reduced	\$3.30
Extra Entree	\$1
Adult	\$3.65

EXTRA INFO

For Questions or Concerns Please Contact
Cory Freeman at (740)-259-2528. or
cory.freeman@nwmohawks.org

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHER Food4Life®



www.taHER.com