



Sample Michigan Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Yogurt Parfait Pineapple Juice Lowfat Milk*	2 Whole Wheat Triangles with Apple, Carrot, and Peanut Butter Lowfat Milk*	3 Egg & Cheese Breakfast Sandwich Fresh Strawberries Lowfat Milk*	4 Whole Grain Breakfast Round Cheese Stick Petite Banana Lowfat Milk*	5 Oatmeal w/Dried Fruit & Nuts Orange Quarters Lowfat Milk*
8 Hard-Boiled Egg Whole Grain English Muffin Fresh Pear Lowfat Milk*	9 Peanut Butter & Banana Tortilla Wrap Apple Juice Lowfat Milk*	10 Assorted Cereal Yogurt Parfait Fresh Apple Slices Lowfat Milk*	11 Whole Grain French Toast Warm Cinnamon Apple Slices Grape Juice Lowfat Milk*	12 Soft Pretzel Cheese Stick Mellon Balls Lowfat Milk*

Breakfast Facts:

Research shows that students who eat breakfast:

- Score better on standardized tests
- Improve academic achievement
- Have fewer health issues
- Behave better in class
- Have lower prevalence of obesity



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*Skim milk and 1% chocolate milk offered everyday.
 This menu meets the Traditional Food-Based Menu Planning approach for Grades 4-12.
 Please email comments and/or suggestions to MDE-Schoolnutrition@michigan.gov.

