# Putnam Middle School Breakfast Menu 2023-2024

Grab your **FREE** breakfast!!!



### BREAKFAST IS FREE TO ALL PUTNAM STUDENTS

Breakfast Served Daily 7:15-8:00am

Monday	Tuesday	Wednesday	Thursday	Friday
Specials Entrées:  Bacon Egg and Cheese on WholeGrain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées;  Warm WG Waffle or Pancake  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées:  Sausage Egg and Cheese on Whole Grain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées; Warm Apple Frudel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées;  Bacon Egg and Cheese on WholeGrain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik
Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice
Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety

- 1. CHOOSE ONE ENTRÉE
- 2. GRAB YOUR FRUIT OR VEGETABLE ( UP TO 2 CHOICES, ONLY 1 FRUIT JUICE ALLOWED) All MEALS MUST HAVE AT LEAST 1 FRUIT OR VEGETABLE
- 3. GRAB YOUR MILK Choicer: 1%milk,NF Chocolate, or Nonfat/Skim

# Putnam Middle School Breakfast Menu 2023-2024

Grab your **FREE** breakfast!!!



### BREAKFAST IS FREE TO ALL PUTNAM STUDENTS

Breakfast Served Daily 7:15-8:00am

Monday	Tuesday	Wednesday	Thursday	Friday
Specials Entrées:  Bacon Egg and Cheese on WholeGrain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées;  Warm WG Waffle or Pancake  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées:  Sausage Egg and Cheese on Whole Grain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées; Warm Apple Frudel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées;  Bacon Egg and Cheese on WholeGrain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik
Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice
Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety

- 1. CHOOSE ONE ENTRÉE
- 2. GRAB YOUR FRUIT OR VEGETABLE ( UP TO 2 CHOICES, ONLY 1 FRUIT JUICE ALLOWED) All MEALS MUST HAVE AT LEAST 1 FRUIT OR VEGETABLE
- 3. GRAB YOUR MILK Choicer: 1%milk,NF Chocolate, or Nonfat/Skim

# Putnam Middle School Breakfast Menu 2023-2024

Grab your **FREE** breakfast!!!



### BREAKFAST IS FREE TO ALL PUTNAM STUDENTS

Breakfast Served Daily 7:15-8:00am

Monday	Tuesday	Wednesday	Thursday	Friday
Specials Entrées:  Bacon Egg and Cheese on WholeGrain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées;  Warm WG Waffle or Pancake  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées:  Sausage Egg and Cheese on Whole Grain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées; Warm Apple Frudel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées;  Bacon Egg and Cheese on WholeGrain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik
Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice
Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety

- 1. CHOOSE ONE ENTRÉE
- 2. GRAB YOUR FRUIT OR VEGETABLE ( UP TO 2 CHOICES, ONLY 1 FRUIT JUICE ALLOWED) All MEALS MUST HAVE AT LEAST 1 FRUIT OR VEGETABLE
- 3. GRAB YOUR MILK Choicer: 1%milk,NF Chocolate, or Nonfat/Skim

# Putnam Middle School Breakfast Menu 2023-2024

Grab your **FREE** breakfast!!!



### BREAKFAST IS FREE TO ALL PUTNAM STUDENTS

Breakfast Served Daily 7:15-8:00am

Monday	Tuesday	Wednesday	Thursday	Friday
Specials Entrées:  Bacon Egg and Cheese on WholeGrain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées;  Warm WG Waffle or Pancake  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées:  Sausage Egg and Cheese on Whole Grain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées; Warm Apple Frudel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik	Special Entrées;  Bacon Egg and Cheese on WholeGrain Bagel  Double Choc. Chip Muffin Blueberry Muffin Assorted WG Low Sugar Cereal Chocolate Chip BeneFit Bar Pumpkin Bread Cinnamon Bun WG Bagel w/ cream cheese Wg Dunkin Stik
Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice
Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety

- 1. CHOOSE ONE ENTRÉE
- 2. GRAB YOUR FRUIT OR VEGETABLE ( UP TO 2 CHOICES, ONLY 1 FRUIT JUICE ALLOWED) All MEALS MUST HAVE AT LEAST 1 FRUIT OR VEGETABLE
- 3. GRAB YOUR MILK Choicer: 1%milk,NF Chocolate, or Nonfat/Skim