



## Commerce ISD Middle School Breakfast Menu September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No advance registration necessary! All students are welcome every day! Time: 7:30am-8:05am</p>	<div style="background-color: black; width: 20px; height: 20px; margin: 0 auto;"></div>	<p><b>1</b> Biscuit &amp; Sausage Breakfast Burrito Pancakes w/ Syrup Morning Sausage Roll Breakfast Pizza Salsa</p>	<p><b>2</b> Scrambled Eggs Bacon Slices Toast &amp; Jelly</p>	<p><b>3</b> Biscuit &amp; Sausage Breakfast Burrito Morning Sausage Roll Breakfast Pizza Salsa</p>
<p><b>6</b> Biscuit &amp; Sausage Breakfast Burrito French Toast Sticks Morning Sausage Roll Breakfast Pizza Salsa</p>	<p><b>7</b> Biscuit &amp; Sausage Breakfast Bagel Morning Sausage Roll Breakfast Pizza Cream Cheese Pkt.</p>	<p><b>8</b> Biscuit &amp; Sausage Breakfast Burrito Pancakes w/ Syrup Morning Sausage Roll Breakfast Pizza Salsa</p>	<p><b>9</b> Scrambled Eggs Bacon Slices Toast &amp; Jelly</p>	<p><b>10</b> Biscuit &amp; Sausage Breakfast Burrito Morning Sausage Roll Breakfast Pizza Salsa</p>
<p><b>13</b> Biscuit &amp; Sausage French Toast Sticks Morning Sausage Roll Breakfast Pizza Breakfast Burrito Salsa</p>	<p><b>14</b> Biscuit &amp; Sausage Breakfast Bagel Morning Sausage Roll Breakfast Pizza Cream Cheese Pkt.</p>	<p><b>15</b> Biscuit &amp; Sausage Breakfast Burrito Pancakes w/ Syrup Morning Sausage Roll Breakfast Pizza Salsa</p>	<p><b>16</b> Scrambled Eggs Bacon Slices Toast &amp; Jelly</p>	<p><b>17</b> Biscuit &amp; Sausage Breakfast Burrito Morning Sausage Roll Breakfast Pizza Salsa</p>
<p><b>20</b> Biscuit &amp; Sausage Breakfast Burrito French Toast Sticks Morning Sausage Roll Breakfast Pizza Salsa</p>	<p><b>21</b> Sausage Biscuit Breakfast Pizza Breakfast Burrito Cinnamon Roll</p>	<p><b>22</b> Scrambled Eggs w/Wheat Toast Breakfast Pizza Warm Pretzel</p>	<p><b>23</b> Sausage Biscuit Breakfast Pizza Breakfast Burrito Oatmeal w/Apples &amp; Cinnamon</p>	<p><b>24</b> Biscuits Sausage links Cheesy Eggs Burrito w/ Sauce</p>
<p><b>27</b> Breakfast Pizza Breakfast Burrito salsa Breakfast Bagel Yogurt w/ Fruit</p>	<p><b>28</b> Chicken Biscuit Pancake on Sausage Stick w Syrup Breakfast Pizza Burrito Salsa</p>	<p><b>29</b> Sausage &amp; Biscuit Cream Gravy Hash Browns Scrambled Eggs Burrito w/ Salsa</p>	<p><b>30</b> Morning Sausage Roll Breakfast Burrito Salsa Cinnamon Roll Breakfast Pizza</p>	<p><b>Questions or Comments?</b> Please Call or e-mail Carl Wells, Director of Child Nutrition at 903.468.8007, or carl.wells@commerceisd.org</p>

**AVAILABLE DAILY:** Assorted Cereal w/ Toast, Raisins, Chilled or Fresh Fruit, Assorted Fruit Juice & a Variety of Milk  
Wg.= Whole Grain Bread or Grain.

**Why eat foods that are in season?**

- There are a number of good reasons to eat more local, seasonal food:
- To reduce the energy (and associated CO2 emissions) needed to grow and transport the food we eat
    - To avoid paying a premium for food that is scarcer or has traveled a long way
    - To support the local economy
  - Because seasonal food is fresher and so tends to be tastier and more nutritious

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