



Elementary School Breakfast Menu

October 2016

3 Rosh Hashanah <i>side items</i>	4 Rosh Hashanah <i>side items</i>	5 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Orange Wedges, Applesauce Milk: Skim, 1% or Chocolate Skim	6 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Banana, Mixed Fruit, Assorted juice Milk: Skim, 1% or Chocolate Skim	7 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Apple Slices, Diced Pears Milk: Skim, 1% or Chocolate Skim
10 Columbus Day <i>side items</i>	11 Yom Kippur <i>side items</i>	12 Yom Kippur <i>side items</i>	13 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Grapes, Pineapple Tidbits Milk: Skim, 1% or Chocolate Skim	14 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Banana, Mixed Fruit, Assorted Juice Milk: Skim, 1% or Chocolate Skim
17 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Grapes, Pineapple Tidbits Milk: Skim, 1% or Chocolate Skim	18 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Banana, Mixed Fruit, Assorted juice Milk: Skim, 1% or Chocolate Skim	19 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Apple Slices, Diced Pears Milk: Skim, 1% or Chocolate Skim	20 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Grapes, Pineapple Tidbits Milk: Skim, 1% or Chocolate Skim	21 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Banana, Mixed Fruit, Assorted Juice Milk: Skim, 1% or Chocolate Skim
24 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Grapes, Pineapple Tidbits Milk: Skim, 1% or Chocolate Skim	25 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Orange Wedges, Applesauce, Assorted juice Milk: Skim, 1% or Chocolate Skim	26 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese Pancakes or Frudle or Egg Sandwich <i>side items</i> Fresh Apple, Diced Peaches Milk: Skim, 1% or Chocolate Skim	27 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese 0 <i>side items</i> Fresh Grapes, Pineapple Tidbits, Assorted Juice Milk: Skim, 1% or Chocolate Skim	28 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese 0 <i>side items</i> Fresh Apple, Diced Peaches Milk: Skim, 1% or Chocolate Skim
31 Bagel or Yogurt or Assorted Cereal w/St Cheese Muffin w/St Cheese 0 <i>side items</i> Fresh Orange Wedges, Pineapple Tidbits Milk: Skim, 1% or Chocolate Skim	1 <i>side items</i>	2 <i>side items</i>	3 <i>side items</i>	4 <i>side items</i>



Daily Specials: Pancakes, Frudel, Sausage wrapped in Pancake on a stick, Egg Sandwich



Local ingredients are always used when in season



Ovo-Lacto Vegetarian, may contain Egg & Milk

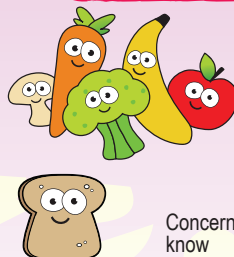
Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Breakfast \$1.25 Reduced .25c

Healthy Choices

51% Whole Grain



Concern, Question, let me know



Cara Dimarsico

Food Service Director 526-7847 ext 1321

