




October

2016

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... Breakfast for students \$1.00 Available Daily: Hot Egg, Cheese and sausage SDW Assorted WG Breakfast Cereals WG Bagels Low fat Yogurts All breakfast meals must include a fruit and or a 100% fruit juice Questions? Please Contact Barbara Stabile, Food Service Director with Aramark 274-4144 Menus are subject to change without notice.
3 Rosh Hashanah Schools Closed	4 Rosh Hashanah Schools Closed	5 French Toast Sticks String Cheese Fruit Cup Orange juice Low fat Milk	6 Hot Egg & Cheese Bagel Fruit Cup Apple Juice Low fat milk	7 Scrambled egg Potato Hash browns Orange Juice Sliced Pears Low fat milk	
10 Columbus Day Schools Closed	11 Scrambled egg Potato Hash browns Orange Juice Sliced Pears Low fat milk	12 Yom Kippur Schools Closed	13 French Toast Sticks String Cheese Fruit Cup Orange juice Low fat Milk	14 Egg & Cheese Sandwich on a WG Roll Apple Juice Mixed Fruit Low fat milk	
17 Mini Pancakes String cheese Cinnamon Applesauce Fruit juice Low fat milk	18 French Toast Sticks Maple Syrup Sausage Diced Pears Orange juice Low fat Milk	19 Hot Egg & Cheese Bagel Fruit Cup Apple Juice Low fat milk	20 Scrambled egg Potato Hash browns Orange Juice Sliced Pears Low fat milk	21 Mini Pancakes String cheese Orange juice Fruit Cup Low fat milk	
24 Egg Omelet Hash browns Orange Juice Sliced Pears Low fat milk	25 Cheese Toast Bagel Fruit Cup Apple Juice Low fat Milk	26 Mini Cinnamon Buns String Cheese Fresh Fruit Juice Low fat milk	27 Scrambled egg Potato Hash browns Orange Juice Sliced Pears Low fat milk	28 Hot Egg & Cheese Bagel Fruit Cup Apple Juice Low fat milk	
31 Mini Pancakes with String Cheese Apple juice Fruit Cup Low fat milk		Did you know that if you are on the free or reduced meal program for lunch, you are entitled to the same meal benefit at breakfast? So start your day with a healthy, delicious breakfast in your cafeteria!			