

November 2018

Jr.-Sr. High

Breakfast

Student Paid \$ 1.25 Reduced \$.25 Adult \$ 2.55 + tax

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Parents Did you know that <u>breakfast is included</u> in the free and reduced meal program? Encourage your kids to start their day the healthy way, with a nutritious breakfast prepared with love by our awesome Lunch Ladies</p>	<p>PARENTS! If you have not yet filled out a Free & Reduced application for your students, PLEASE give a call. 518-499-1770 ext 2013 This is the best way for your kids to get great meals and the most important factor in the sustainability of the school meal program</p>	<p>Parents please sign up for a MySchoolBucks.com account for your kids. A great way to prepay meals and keep track of what is being purchased</p>	<p>1 Waffles w/ berries Fruit, Juice & Milk</p> 	<p>2 Tony's Breakfast Pizza Fruit, Juice & Milk</p> 
<p>5 Western Flatbread Fruit, Juice & Milk</p>	<p>6 Pancakes w/ syrup Fruit, Juice, Milk</p>	<p>7 Sausage & Cheese Biscuit Fruit, Juice, Milk</p>	<p>8 Toasted Bagel w/ cream cheese Fruit, Juice, Milk</p>	<p>9 Tony's Breakfast Pizza Fruit, Juice & Milk</p>
<p>12 NO SCHOOL Veteran's Day</p>	<p>13 Cheese Omelet 1 slice Toast Fruit, Juice, Milk</p>	<p>14 French Toast w/ syrup Fruit, Juice, Milk</p>	<p>15 Fruit & Yogurt Parfaits With granola Juice & Milk</p>	<p>16 Tony's Breakfast Pizza Fruit, Juice & Milk</p>
<p>19 Raised 'n Glazed Donuts Fruit, Juice & Milk</p>	<p>20 Pigs 'N Blanket on a Stick Fruit, Juice & Milk</p>	<p>21 NO SCHOOL</p>	<p>22 NO SCHOOL Happy Thanksgiving</p> 	<p>23 NO SCHOOL</p>
<p>26 Hard Boiled Egg Cinnamon Toast Fruit, Juice & Milk</p>	<p>27 Warm Blueberry Muffin String Cheese Fruit, Juice & Milk</p>	<p>28 Egg & Cheese on an English Fruit, Juice & Milk</p>	<p>29 Waffles w/ Sausage Fruit, Juice & Milk</p>	<p>30 Tony's Breakfast Pizza Fruit, Juice & Milk</p>

Parents - PLEASE let your students know they can come to the office at any time for a meal transaction report - Mrs. Mackey