

# September 2019




# Elementary Breakfast

Student Paid: \$ 1.25

Adult: \$ 2.55 + tax

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Labor Day!</b>	<b>3</b> <b>Superintendent's Day</b>	<b>4</b> <b>Superintendent's Day</b>	<b>5</b> <b>Welcome Back!</b> Sausage, Egg & Cheese On a warm Biscuit Fruit, Juice, Milk	<b>6</b> Breakfast Pizza Fruit, Juice, Milk
<b>9</b> Assorted Cereal Muffin Fruit, Juice Milk	<b>10</b> Pancakes w/ syrup Fruit, Juice, Milk	<b>11</b> Bagel w/ cream cheese Fruit, Juice, Milk	<b>12</b> French Toast w/ berries And whipped cream Fruit, Juice, Milk	<b>13</b> Breakfast Pizza Fruit, Juice, Milk
<b>16</b> Raised 'N Glazed Donuts Fruit, Juice, Milk	<b>17</b> Cheesy Scrambled Eggs With Toast Fruit, Juice, Milk	<b>18</b> English Muffin topped With melted cheese Fruit, Juice, Milk	<b>19</b> Waffles w/ syrup Fruit, Juice, Milk	<b>20</b> Breakfast Pizza Fruit, Juice, Milk
<b>23</b> Assorted Cereal Cinnamon Toast Fruit, Juice Milk	<b>24</b> French Toast Sticks w/ syrup Fruit, Juice, Milk	<b>25</b> Fruit & Yogurt Parfait Muffin Fruit, Juice, Milk	<b>26</b> Fried Eggs w/Sausage Links Toast Fruit, Juice, Milk	<b>27</b> Breakfast Pizza Fruit, Juice, Milk
<b>30</b> Assorted Cereal Muffin Fruit, Juice Milk	<b>Students MUST take at least 3 of the offered daily meal components and 1 MUST be a fruit. This is required by the USDA to participate in the National School Lunch Program</b>		<b>Breakfast IS included with the free &amp; reduced meal program.</b>  EVERYONE should start their day with a great breakfast!	<b>PARENTS!</b> If you have not yet filled out a Free & Reduced application for your students, <b>PLEASE give a call.</b> <b>518-499-1770 ext 2013</b> 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

Pre K- daily snacks variety: grahams, goldfish, string cheese, fruit, yogurt, pop tarts, Zee Zee bars, cheese its granola bars, raisins, 1% white milk

**Parents - please sign up and prepay your student's meal account at [www.myschoolbucks.com](http://www.myschoolbucks.com)**