

September 2017


Jr. - Sr. High School Breakfast

Student Paid: \$1.00

Reduced: \$0.25

Adult: \$2.30

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
4 Labor Day	5 Superintendents Conference Day	6 Superintendents Conference Day	7 Yogurt & Muffin Fruit / Juice / Milk	8 Pancakes Fruit / Juice / Milk
11 Cold Cereal ½ English Muffin Fruit / Juice / Milk	12 French Toast w/ Syrup Fruit / Juice / Milk	13 Fluffy Scrambled Eggs Toast Fruit / Juice / Milk	14 Sausage & Cheese Biscuit Fruit / Juice / Milk	15 Tony's Breakfast Pizza Fruit / Juice / Milk
18 Muffin String Cheese Fruit / Juice / Milk	19 Waffles w/ strawberries Fruit / Juice / Milk	20 Cheese Omelet w/ Toast Fruit / Juice / Milk	21 Yogurt Blueberry Muffin Fruit / Juice / Milk	22 Bagel w/ Peanut Butter Or Cream Cheese Fruit / Juice / Milk
25 Cold Cereal Toast Fruit / Juice / Milk	26 Pancakes w/ syrup Fruit / Juice / Milk	27 Sliced Apples w/ peanut butter ½ Bagel Fruit / Juice / Milk	28 Sausage & Cheese Biscuit Fruit / Juice / Milk	29 Tony's Breakfast Pizza Fruit / Juice / Milk
All Breakfast meals include 8 oz of milk	Students must take at least Three of the offered meal components and one must be a fruit. These guidelines are required in order to participate in the USDA National School Lunch Program	Jump start your day the nutritious way!! Eat a hearty breakfast 	Chef's choice Grab 'n Go available daily Examples: cereal / string cheese yogurt / muffin or poptart Danish	Free & Reduced applications may be submitted at any time during the year Breakfast IS INCLUDED in this program

Welcome Back

- Parents - please prepay your student's meal account at www.myschoolbucks.com