

# Shepaug Valley School Breakfast Menu

# October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Whole Grain French Toast Sticks Syrup Chilled Applesauce 100% Fruit Juice Milk Choice	2 Whole Grain Yeast Raised Donut Fresh Pear 100% Fruit Juice Milk Choice	3 Whole Grain Bagel Lite Cream cheese Fruit Yogurt Chilled Fruit Cocktail 100%Fruit Juice Milk Choice	4 WG Waffles Maple Madness Syrup Pineapple chunks 100% Fruit Juice Milk Choice	5 <b>No School PD Day</b>	6
7 Milk Served Daily: Fat Free Chocolate Skim 1%  Ala Cart Milk Price: .35	8 <b>Columbus Day</b>	9 Whole Grain French Toast Sticks Syrup Chilled Blueberries 100% Fruit Juice Milk Choice	10 Whole Wheat Breakfast Burrito With Salsa Chilled Applesauce 100% Fruit Juice Milk Choice	11 Yogurt Parfait WG Corn Bread Chilled Fruit Cocktail 100% Fruit Juice Milk Choice	12 Assorted WG Muffin or Danish String Cheese Fresh Banana 100% Fruit Juice Milk Choice	13
14	15 Whole Grain Bagel Lite Cream cheese Fruit Yogurt Fresh Apple 100%Fruit Juice Milk Choice	16 Assorted WG Cereal Fruit Yogurt Pineapple Chunks 100% Fruit Juice Milk Choice	17 WG Chocolate Chip French Toast Syrup Chilled Pears 100% Fruit Juice Milk Choice	18 Whole Grain Pancake Syrup Chilled Blueberries 100% Fruit Juice Milk Choice	19 Whole Grain Yeast Raised Donut Fresh Orange 100% Fruit Juice Milk Choice	20
21	22 Whole Wheat Bagel Lite Cream Cheese Fruit Yogurt Chilled Pears 100% Fruit Juice Milk Choice	23 Whole Wheat Breakfast Burrito With Salsa Chilled Fruit Cocktail 100% Fruit Juice Milk Choice	24 Baked Apple WG Corn Bread Fresh Orange 100% Fruit Juice Milk Choice	25 Yogurt Parfait WG Corn Bread Fresh Apple 100% Fruit Juice Milk Choice	26 Whole Grain Pancake Syrup Fresh Banana 100% Fruit Juice Milk Choice	27
28	29 Yogurt Parfait WG Corn Bread Chilled Fruit Cocktail 100% Fruit Juice Milk Choice	30 Whole Grain Yeast Raised Donut String Cheese Fresh Apple 100% Fruit Juice Milk Choice	31 WG Mini Blueberry Pancakes Syrup Fruit Yogurt Pineapple Chunks 100% Fruit Juice Milk Choice		Daily Price of Breakfast::  Full Price 2.00 Reduced: .30 Adult Breakfast Price: 2.75	Daily Alternate: WG Bagel & Cream Cheese  Assorted Cereal Whole Grain Muffin or Danish