

October 2021

Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast Includes: Entrée, Fruit, Juice and Choice of 1% White or Fat-Free White or Chocolate Milk.</p>	<p>Yay! School lunch is free for all students this year!</p>			<p>1 Apple Cinnamon Muffin Cheese Stick Apple Juice Peach Cup</p>
<p>4 French Toast Sticks w Warm Fruit Syrup Banana Fruit Punch</p>	<p>5 Vegetable & Egg Frittata with Roll Tater Tots Orange Wedges Pear Cup</p>	<p>6 Corn Flakes with Milk Graham Cracker Applesauce Strawberry Cup</p>	<p>7 Yogurt and Fruit Bar Granola Topping Peaches or Berries Orange Juice</p>	<p>8 Bacon Egg & Cheese On a Roll Tater Tots Apple Juice Peach Cup</p>
<p>11 </p>	<p>12 Waffles w Warm Fruit Topping Grapes Berry Cup</p>	<p>13 Egg & Cheese On a Roll Tater Tots Apple Juice Orange Wedges</p>	<p>14 Spinach Omelet Sliced Whole Wheat Bread Banana Fruit Punch</p>	<p>15 Blueberry Muffin Cheese Stick Apple Juice Peach Cup</p>
<p>18 Rice Krispies with Milk Graham Cracker Applesauce Blueberries</p>	<p>19 Bacon Egg & Cheese On a Roll Tater Tots Apple Juice Peach Cup</p>	<p>20 Toasted English Muffin with Sausage and Cheese Banana Orange Wedges</p>	<p>21 Chocolate Chip Muffin Cheese Stick Melon Banana</p>	<p>22 Waffles w Warm Fruit Topping Grapes Berry Cup</p>
<p>25 Cheerios with Milk Graham Cracker Chilled Pear Mixed Fruit Cup</p>	<p>26 Vegetable & Egg Omelet W Toasted French Bread Hash Brown Blueberries Peach Cup</p>	<p>27 Pancakes with Warm Fruit Syrup Grapes Orange Juice</p>	<p>28 Scrambled Eggs w Cheese Kaiser Roll Hash Brown Potatoes Sliced Apples Melon Cup</p>	<p>29 Bagel with Cream Cheese & Cheese Stick Berry Cup Mixed Fruit</p>

Special News... Student Breakfast

First Meal is Free
Second Meal: \$1.50
Daily Menu*

Breakfast Includes:
Entrée, Fruit, Juice and Choice of 1% White or Fat-Free White or Chocolate Milk.

* Students **Must** Choose **Three** of the **Four** Food Items Offered at Breakfast to Receive the Special Meal Price (Note: One Must Be Fruit).

The "Huskies" Bountiful Buffet Menu Features Traditional Breakfast Favorites Including Scrambled Eggs, Turkey Bacon/Sausage, Cheeses, Hot and Cold Cereals, Yogurt (w/Toppings) Along with Whole Grain Breads, Bagels and Assorted Muffins. **The Above mentioned Items are Served Every Morning.**

The Breakfast Fare is Prepared with Little or No Added Fat, Sugar or Salt.

*= Includes Oatmeal, Granola, Raisins & Hard Boiled Eggs.

Adult Breakfast- \$2.57+ Tax

Menus are subject to change without notice.

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.

This institution is an equal opportunity provider and employer.

If you have any questions or comments, please call the Food Service Department at 914-630-3114 Christine Clementz RD, CDN

