

# OCTOBER 2023

# CENTRAL YORK HS/MS

## BREAKFAST MENU

**BREAKFAST PRICES**  
**Students - No Charge**  
**Adults -\$2.30**  
**Milk - \$0.80**

Milk is included with each meal:  
1% Low Fat Chocolate, 1% Low Fat Vanilla, 1% Low Fat Strawberry, 1% Low Fat White or Fat Free White Milk.  
Alternative Milk Choice: Soy and Lactaid.

Daily Cold Breakfast Offerings will include:

- Cereal
- Cereal Bar
- Pop Tart w/ Yogurt or Cheese Stick

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

2

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

3

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

4

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

5

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

6

NO SCHOOL

9

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

10

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

11

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

12

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

13

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

16

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

17

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

18

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

19

NO SCHOOL

20

NO SCHOOL

23

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

24

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

25

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

26

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

27

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

30

Assorted Breakfast Items  
Assorted Fruit  
Juice  
Milk

31