

**Fall Breakfast**



**PINE PLAINS CENTRAL SCHOOL DISTRICT  
All Schools ( Prek-12)**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Donut Oatmeal Cereal/Muffin/Bagel Diced Pears Orange Juice NY HVF Milk	<b>2</b> Cheese Omelet w /Hash Brown Cereal/Muffin/Bagel Orange Wedges Orange Juice NY HVF Milk	<b>3</b> French Toast Sticks & Sausage Cereal/ Bagel House Bomber Muffin (Banana Pudding) Applesauce Orange Juice NY HVF Milk	<b>4</b> Upstate Yogurt NY Berry Pancake Parfait Granola Cereal/Muffin/Bagel Peaches Orange Juice NY HVF Milk	<b>5</b> Breakfast Pizza Breakfast Eggroll Cereal/Muffin/Bagel Fruit Cocktail Orange Juice NY HVF Milk
<b>8</b> Early Risers Egg & Cheese Stuffed Hash Brown Cereal/Muffin/Bagel Applesauce Orange Juice NY HVF Milk	<b>9</b> Donut Oatmeal Cereal/Muffin/Bagel Diced Pears Orange Juice NY HVF Milk	<b>10</b> Confetti Pancake Bites Sausage Links Cereal/ Bagel House Bomber Muffin Top (NY Blueberry Corn) NY Apple Slices Orange Juice NY HVF Milk	<b>11</b> Upstate Yogurt Strawberry Cheesecake French Toast Parfait Granola Cereal/Muffin/Bagel Peaches NY Berry Smoothie Orange Juice NY HVF Milk	<b>12</b> Breakfast Pizza Breakfast Eggroll Cereal/Muffin/Bagel Fruit Cocktail Orange Juice NY HVF Milk
<b>15</b> French Toast Sticks Cereal/Muffin/Bagel Diced Pears Orange Juice NY HVF Milk	<b>16</b> Breakfast Burrito Cereal/Muffin/Bagel Orange Wedges Orange Juice NY HVF Milk	<b>17</b> Waffles & Sausage Links Cereal/Bagel House Bomber Muffin (Strawberry Cheesecake) NY Apple Slices Orange Juice NY HVF Milk	<b>18</b> Upstate Yogurt Pumpkin Pie Parfait Granola Cereal/Muffin/Bagel Peaches Peanut butter Smoothie Orange Juice NY HVF Milk	<b>19</b> Breakfast Pizza Breakfast Eggroll Cereal/Muffin/Bagel Fruit Cocktail Orange Juice NY HVF Milk
<b>22</b> Sausage & Egg Empanada Cereal/Muffin/Bagel Diced NY Pears Orange Juice NY HVF Milk	<b>23</b> Egg Toast w/ Cheese Cereal/Muffin/Bagel Orange Wedges Orange Juice NY HVF Milk	<b>24</b> <u>Happy Holidays!!!</u>	<b>25</b> <u>Happy Holidays!!!</u>	<b>26</b> <u>Happy Holidays!!!</u>

 <p><b>MySchoolBucks.com</b></p> <p>Makes meal payment convenient and simple! Scan the code below to go to the website: You can manage your student's account and make payments online.</p>	<p><b>SANDWICH BAR!!!</b></p> <p>Check out our Sandwich of the Day</p> <p align="center"><b>Or</b></p> <p>Have your sandwich custom ordered!!</p> <p><b>NY SALAD BAR!!!</b></p> <p>Featuring a variety of locally grown items!!</p>	<p align="center"><u>Meal Prices</u></p> <p>1st Breakfast: Free</p> <p>1st Lunch: Free</p> <p>Hudson Valley Fresh Milk: \$0.60 (Free with 1st meal)</p>	<p align="center"><u>Breakfast:</u></p> <p>Protein 1 oz</p> <p>Whole Grain 1-2 oz</p> <p>Fruit 1/2-3/4 cup</p> <p>Milk 8 oz</p> <p>450-600 Calories</p>	<p align="center"><u>Local &amp; Buy American This Month</u></p> <p>Greg Farms                      Highland Farms                      IGOP                      Chefs Garden                      Hudson Valley Fresh                      Red Barn</p>	<p align="center"><u>QUESTIONS</u></p> <p align="center"><u>COMMENTS??</u></p> <p>Please call /email                      Michael Dandola, FSD                      518.398.7181 ext. 1351                      m.dandola@ppcsd.org</p> <p align="center">WE ARE AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER!</p> <p align="center">Employment Opportunities Available!!</p>
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