

# BREAKFAST MENU TEMPLATE

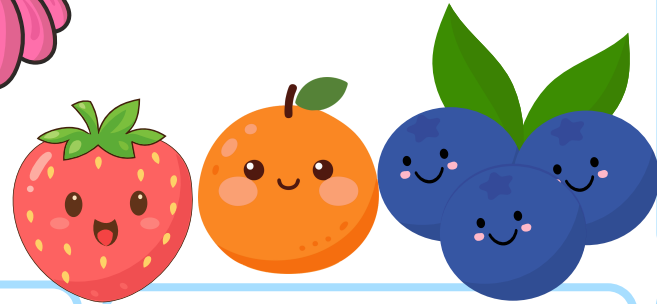
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6

Assorted Whole Grain Muffins  
Yogurt or Cheese Stick  
Strawberries or Oranges

7

Warm Cinnamon Buns  
Hard Boiled Egg  
Cheese Sticks  
Peaches

8

Cheese Omelet  
Toast & Jelly  
Orange Juice

9

Assorted Cereals  
Hard Boiled Egg  
Strawberries

10

Cinnamon French Toast  
Turkey Sausage  
Apples Slices

13

Assorted Cereals  
Hard Boiled Eggs  
Orange Smiles

14

Warm Waffle  
with Maple Sryup  
Cheese Sticks  
Bluberries

15

Assorted Whole Grain Muffins  
Yogurt Cups  
Bananas

16

Warm Bagels  
Assorted Yogurts  
Clementines

17

Fresh Fruit Smoothie  
Teddy Grahams



27

Homemade Muffins  
Yogurt or Cheese Sticks  
Apples or Bananas

28

Yogurt Pafait  
Topped With Granola

29

Warm Bagels with choice of Spreads  
Cheese Sticks or Yogurt  
Mixed Berries



Carlisle Public School is a Nut-Free Kitchen!

Did you know. . . School breakfast is free! All Meals include whole grain, lean protein, Vegetable and fruit of the day & 1% Milk or fat free Chocolate Milk.

Students must select at least 3 out of 4 items including a fruit or vegetable to create a complete USDA breakfast.



School Breakfast offers a convenient, safe, and nutritious alternative to breakfast at home. School breakfast provides ¼ the recommended amount of protein, calcium, iron, Vitamin A, and Vitamin C for the day.

All meals are offered free to qualifying students.

Please visit our website for more information. We are welcome to your comments and questions, please feel free to call anytime at 978-402-8666, or email sbardzik@carlisle.k12.ma.us.

Our prepayment option takes a load off your mind. Please visit the Carlisle School website for more information. Civil rights law and U.S. Department of Agriculture (USDA) Civil Rights

Please be aware, the menu is subject to change.