

 BREAKFAST

SEPTEMBER 2026

GHS BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday

Egg & Cheese(D) **1**
Pancake(V), Seasonal fresh
& Diced Fruit
English Muffin Egg, Cheese
& Canadian
Bacon

Egg & Cheese(D) **2**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **3**
French Toast(V), Seasonal
fresh & Diced Fruit
English Muffin Egg, Cheese
& Canadian
Bacon

Egg & Cheese(D) **4**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **7**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **8**
Pancake(V), Seasonal fresh
& Diced Fruit
English Muffin Egg, Cheese
& Canadian(D)
Bacon

Egg & Cheese(D) **9**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **10**
French Toast(V), Seasonal
fresh & Diced Fruit
English Muffin Egg, Cheese
& Canadian (D)
Bacon

Egg & Cheese(D) **11**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **14**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **15**
Pancake(V), Seasonal fresh
& Diced Fruit
English Muffin Egg, Cheese
& Canadian (D)
Bacon

Egg & Cheese(D) **16**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **17**
French Toast(V), Seasonal
fresh & Diced Fruit
English Muffin Egg, Cheese
& Canadian (D)
Bacon

Egg & Cheese(D) **18**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **21**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **22**
Pancake(V), Seasonal fresh
& Diced Fruit
English Muffin Egg, Cheese
& Canadian (D)
Bacon

Egg & Cheese(D) **23**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **24**
French Toast(V), Seasonal
fresh & Diced Fruit
English Muffin Egg, Cheese
& Canadian (D)
Bacon

Egg & Cheese(D) **25**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **28**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

Egg & Cheese(D) **29**
Pancake(V), Seasonal fresh
& Diced Fruit
English Muffin Egg, Cheese
& Canadian(D)
Bacon

Egg & Cheese(D) **30**
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

(V) is for vegetarian (VE) is Vegan we offer many GF options please email Jessica_capozza@greenwich.k12.ct.us before 7am for options for the day
Daily Seasonal Fresh Fruit Served daily: Apples, banana, grapes, oranges
Daily Milk offerings: 1% milk, Fat free chocolate milk & Strawberry Milk