

Monday

Tuesday

Wednesday

Thursday

Friday



5

ASSORTED COLD CEREALS
HOMEMADE EGG BITES
BANANA BREAD LOAF
FRESH FRUIT SALAD
MILK

6

ASSORTED COLD CEREALS
CINNAMON ROLL
HARD BOILED EGG/STRING CHEESE
FRESH SEASONAL FRUIT
MILK

7

ASSORTED COLD CEREALS
MAPLE WAFFLES
CHICKEN SAUSAGE
ORANGE JUICE
MILK

1

ASSORTED COLD CEREALS
FRESH BAGELS
STRING CHEESE
FRESH SEASONAL FRUIT
MILK

2

ASSORTED COLD CEREALS
FRENCH TOAST STICKS
TURKEY BACON
FRESH MELON
MILK

8

ASSORTED COLD CEREALS
BANANA SPLIT YOGURT W/GRANOLA
FRESH BERRIES
FRESH SEASONAL FRUIT
MILK

9

ASSORTED COLD CEREALS
BUTTERMILK PANCAKES
VERMONT MAPLE SYRUP
BREAKFAST TURKEY HAM
FRESH SEASONAL FRUIT
MILK

12

ASSORTED COLD CEREALS
EGG & CHEESE BREAKFAST
SANDWICH CROISSANT
FRESH SEASONAL FRUIT
MILK

13

ASSORTED COLD CEREALS
LOW SUGAR YOGURT
NATURE VALLEY GRANOLA BAR
FRESH SEASONAL FRUIT
MILK

14

ASSORTED COLD CEREALS
EGG TURKEY CHEESE CALZONE
FRESH SEASONAL FRUIT
MILK

15

ASSORTED COLD CEREALS
BREAKFAST SMOOTHIE
KASHI CRUNCH CEREAL POUCH
FRESH FRUIT SALAD
MILK

16

ASSORTED COLD CEREALS
FRENCH TOAST STICKS
VERMONT MAPLE SYRUP
FRESH SEASONAL FRUIT
MILK

19

ASSORTED COLD CEREALS
EGGSTRAVAGANZA
MINI BAGEL
FRESH SEASONAL FRUIT
MILK

20

ASSORTED COLD CEREALS
YOGURT PARFAIT
FRESH SEASONAL FRUIT
MILK

21

ASSORTED COLD CEREALS
BLUEBERRY MUFFIN
CANADIAN HAM
FRESH SEASONAL FRUIT
MILK

22

ASSORTED COLD CEREALS
CHEESE OMELETTE
WG ROLL
FRESH SEASONAL FRUIT
MILK

23

**STAFF WORKDAY
NO STUDENTS**

26

ASSORTED COLD CEREALS
EGG BREAKFAST WRAP
FRESH SEASONAL FRUIT
MILK

27

ASSORTED COLD CEREALS
CINNAMON RAISIN TOAST
SCRAMBLED EGGS
FRESH SEASONAL FRUIT
MILK

28

ASSORTED COLD CEREALS
LOW SUGAR GREEK YOGURT
BAKED SCONES
FRESH SEASONAL FRUIT
MILK

29

ASSORTED COLD CEREALS
PUMPKIN BREAD
STRING CHEESE
FRESH MELON
MILK

30

ASSORTED COLD CEREALS
FRIED EGG SANDWICH
ON TOASTED ENGLISH MUFFIN
FRESH SEASONAL FRUIT
MILK

****MENU SUBJECT TO CHANGE****

ALL MEALS INCLUDE: PROTEIN ENTRÉE, WHOLE GRAINS & FRUIT

CHOICE OF MILK: LOW-FAT, SOY OR ALMOND MILK

****THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER****

