



Any Questions or Concerns  
 Please Contact FSD Marilyn DiGregorio  
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 Looking for a Job Opportunity?  
 Please Contact FSD for More Information.

# Minisink Valley High School

## FEBRUARY 2019

### Breakfast Menu

**All Meals Offered With Choice of 1% Milk, Fat Free Milk, Fat Free Chocolate Milk (Antibiotic & Hormone Free)**

**Breakfast Price**  
 Full - \$1.00  
 Reduced - \$0.00  
 Free - \$0.00  
 Adult - \$1.90 + Tax

**1**  
 Egg & Cheddar Cheese  
 Breakfast Burrito  
 Salsa  
 Vegetarian Beans  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**4**  
 Turkey Sausage Wrapped In Pancake On A Stick  
 Tater Tots  
 Tomato Slices  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**5**  
 WG Waffles  
 Or Whole Grain Muffin  
 Fruit Topping  
 Syrup  
 Turkey Bacon  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**6**  
 Bacon, Egg & Cheese  
 Pizza  
 Carrot Sticks  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**7**  
 WG French Toast  
 Or Whole Grain Muffin  
 Syrup  
 Chicken Sausage  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**8**  
 Egg & Cheddar Cheese  
 Breakfast Burrito  
 Salsa  
 Vegetarian Beans  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**11**  
 Turkey Sausage Wrapped In Pancake On A Stick  
 Tater Tots  
 Tomato Slices  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**12**  
 WG Waffles  
 Or Whole Grain Muffin  
 Fruit Topping  
 Syrup  
 Turkey Bacon  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**13**  
 Bacon, Egg & Cheese  
 Pizza  
 Carrot Sticks  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**14**  
 Pancake Pucks  
 Or Whole Grain Muffin  
 Syrup  
 Chicken Sausage  
 100% Fruit Juice  
 Fresh Fruit  
 Milk



**19**  
 WG Waffles  
 Or Whole Grain Muffin  
 Fruit Topping  
 Syrup  
 Turkey Bacon  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**20**  
 Bacon, Egg & Cheese  
 Pizza  
 Carrot Sticks  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**21**  
 WG French Toast  
 Or Whole Grain Muffin  
 Syrup  
 Chicken Sausage  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**22**  
 Egg & Cheddar Cheese  
 Breakfast Burrito  
 Salsa  
 Vegetarian Beans  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**25**  
 Turkey Sausage Wrapped In Pancake On A Stick  
 Tater Tots  
 Tomato Slices  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**26**  
 WG Waffles  
 Or Whole Grain Muffin  
 Fruit Topping  
 Syrup  
 Turkey Bacon  
 100% Fruit Juice  
 Fresh Fruit

**27**  
 Bacon, Egg & Cheese  
 Pizza  
 Carrot Sticks  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**28**  
 Pancake Pucks  
 Or Whole Grain Muffin  
 Syrup  
 Chicken Sausage  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**29**  
 Egg & Cheddar Cheese  
 Breakfast Burrito  
 Salsa  
 Vegetarian Beans  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**Offered Daily**

Egg Sandwiches, Yogurt Parfaits W/ Breakfast Round & Fruit  
 Assorted Cereals W/ String Cheese, Bagel Meals, WG Cinnamon Donut  
 Fruit Smoothies W/ String Cheese and Breakfast Round,  
 Fresh Fruit and 100% Fruit Juice

All students who select a breakfast must also take a  
 Fruit and/or a Juice  
 And / or Vegetable

\*This Institution is an equal opportunity provider and employer

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\*Menus are subject to change

