



JANUARY 2019

**Elementary/Intermediate Breakfast Menu
Minisink Valley CSD**

Breakfast Price
Full - \$0.75
Reduced - \$0.00
Free - \$0.00
Adult - \$1.90 + Tax

1 NEW YEARS DAY

SCHOOL CLOSED

2 Bacon, Egg & Cheese Pizza
 Tater Tots Or Tomato Slices
 100% Fruit Juice
 Fresh Fruit
 Milk

3 Whole Grain French Toast On The Go
 Syrup
 Turkey Bacon
 100% Fruit Juice
 Fresh Fruit
 Milk

4 Chicken Sausage Patties
 Whole Grain Toast
 OR
 Apple Frudel Stick
 100% Fruit Juice
 Fresh Fruit
 Milk

7
 Egg Patty & Cheese On a Whole Grain Bun
 100% Fruit Juice
 Fresh Fruit
 Milk

8 Whole Grain Waffles On The Go
 Fruit Topping
 Maple Syrup or Whole Grain Muffin
 100% Fruit Juice
 Fresh Fruit
 Milk

9 Bacon, Egg & Cheese Pizza
 Tater Tots Or Tomato Slices
 100% Fruit Juice
 Fresh Fruit
 Milk

10 Whole Grain French Toast On The Go
 Syrup
 Turkey Bacon
 100% Fruit Juice
 Fresh Fruit
 Milk

11 Chicken Sausage Patties
 Whole Grain Toast
 OR
 Apple Frudel Stick
 100% Fruit Juice
 Fresh Fruit
 Milk

14
 Egg Patty & Cheese On a Whole Grain Bun
 100% Fruit Juice
 Fresh Fruit
 Milk

15 Whole Grain Waffles On The Go
 Fruit Topping
 Maple Syrup or Whole Grain Muffin
 100% Fruit Juice
 Fresh Fruit
 Milk

16 Bacon, Egg & Cheese Pizza
 Tater Tots Or Tomato Slices
 100% Fruit Juice
 Fresh Fruit
 Milk

17 Whole Grain French Toast On The Go
 Syrup
 Turkey Bacon
 100% Fruit Juice
 Fresh Fruit
 Milk

18 Chicken Sausage Patties
 Whole Grain Toast
 OR
 Apple Frudel Stick
 100% Fruit Juice
 Fresh Fruit
 Milk

21 DR. MARTIN LUTHER KING DAY

SCHOOL CLOSED

22 Whole Grain Waffles On The Go
 Fruit Topping
 Maple Syrup or Whole Grain Muffin
 100% Fruit Juice
 Fresh Fruit
 Milk

23 Bacon, Egg & Cheese Pizza
 Tater Tots Or Tomato Slices
 100% Fruit Juice
 Fresh Fruit
 Milk

24 Whole Grain French Toast On The Go
 Syrup
 Turkey Bacon
 100% Fruit Juice
 Fresh Fruit
 Milk

25 Chicken Sausage Patties
 Whole Grain Toast
 OR
 Apple Frudel Stick
 100% Fruit Juice
 Fresh Fruit
 Milk

28
 Egg Patty & Cheese On a Whole Grain Bun
 100% Fruit Juice
 Fresh Fruit
 Milk

29 Whole Grain Waffles On The Go
 Fruit Topping
 Maple Syrup or Whole Grain Muffin
 100% Fruit Juice
 Fresh Fruit
 Milk

30 Bacon, Egg & Cheese Pizza
 Tater Tots Or Tomato Slices
 100% Fruit Juice
 Fresh Fruit
 Milk

31 Whole Grain French Toast On The Go
 Syrup
 Turkey Bacon
 100% Fruit Juice
 Fresh Fruit
 Milk

Any Questions or Concerns
 Contact FSD
 Marilyn DiGregorio
 845-355-5116

All students who select a breakfast must also take a fruit and/or a juice and/or a vegetable.
 Yogurt Parfaits W/ Granola & Fruit Assorted Whole Grain Cereals W/ String Cheese
 Plain Bagel Offered With String Cheese OR 4oz Yogurt
 Fresh Fruit and 100% Juice Offered

All meals Offered with Milk. Choice of:
 Skim, 1% White
 Chocolate Fat Free
 (All milk antibiotic and hormone free)

