



Any Questions or Concerns
 Please Contact FSD Marilyn DiGregorio
 845-355-5116 or
Mdigregorio@minisink.com
 Looking for a Job Opportunity?
 Please Contact FSD for More Information.

Minisink Valley High School

January 2019 Breakfast Menu

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



2
Bacon, Egg & Cheese
Pizza
Carrot Sticks
100% Fruit Juice
Fresh Fruit
Milk

3
Pancake Pucks
Or Whole Grain Muffin
Syrup
Chicken Sausage
100% Fruit Juice
Fresh Fruit
Milk

4
Egg & Cheddar Cheese
Breakfast Burrito
Salsa
Vegetarian Beans
100% Fruit Juice
Fresh Fruit
Milk

7
Turkey Sausage Wrapped
In Pancake On A Stick
Tater Tots
Tomato Slices
100% Fruit Juice
Fresh Fruit
Milk

8
WG Waffles
Or Whole Grain Muffin
Fruit Topping
Syrup
Turkey Bacon
100% Fruit Juice
Fresh Fruit
Milk

9
Bacon, Egg & Cheese
Pizza
Carrot Sticks
100% Fruit Juice
Fresh Fruit
Milk

10
WG French Toast
Or Whole Grain Muffin
Syrup
Chicken Sausage
100% Fruit Juice
Fresh Fruit
Milk

11
Egg & Cheddar Cheese
Breakfast Burrito
Salsa
Vegetarian Beans
100% Fruit Juice
Fresh Fruit
Milk

14
Turkey Sausage Wrapped In
Pancake On A Stick
Tater Tots
Tomato Slices
100% Fruit Juice
Fresh Fruit
Milk

15
WG Waffles
Or Whole Grain Muffin
Fruit Topping
Syrup
Turkey Bacon
100% Fruit Juice
Fresh Fruit
Milk

16
Bacon, Egg & Cheese
Pizza
Carrot Sticks
100% Fruit Juice
Fresh Fruit
Milk

17
Pancake Pucks
Or Whole Grain Muffin
Syrup
Chicken Sausage
100% Fruit Juice
Fresh Fruit
Milk

18
Egg & Cheddar Cheese
Breakfast Burrito
Salsa
Vegetarian Beans
100% Fruit Juice
Fresh Fruit
Milk



22
**REGENTS
EXAMS
NO BREAKFAST**

23
**REGENTS
EXAMS
NO BREAKFAST**

24
**REGENTS
EXAMS
NO BREAKFAST**

25
**REGENTS
EXAMS
NO BREAKFAST**

28
Turkey Sausage Wrapped
In Pancake On A Stick
Tater Tots
Tomato Slices
100% Fruit Juice
Fresh Fruit
Milk

29
WG Waffles
Or Whole Grain Muffin
Fruit Topping
Syrup
Turkey Bacon
100% Fruit Juice
Fresh Fruit

30
Bacon, Egg & Cheese
Pizza
Carrot Sticks
100% Fruit Juice
Fresh Fruit
Milk

31
Pancake Pucks
Or Whole Grain Muffin
Syrup
Chicken Sausage
100% Fruit Juice
Fresh Fruit
Milk

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

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**

