



MARCH 2019

Elementary/Intermediate Breakfast Menu

Minisink Valley CSD

Breakfast Price

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

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

4
 Egg Patty & Cheese
 On a Whole Grain Bun
 100% Fruit Juice
 Fresh Fruit
 Milk

5
 Whole Grain Waffles On The Go
 Fruit Topping
 Maple Syrup or
 Whole Grain Muffin
 100% Fruit Juice
 Fresh Fruit
 Milk

6
 Turkey Bacon, Egg & Cheese on a WG English Muffin
 Tomato Slices
 100% Fruit Juice
 Fresh Fruit
 Milk

7
 Whole Grain French Toast On The Go
 Syrup
 Turkey Bacon
 100% Fruit Juice
 Fresh Fruit
 Milk

8
 Chicken Sausage Patties
 Whole Grain Toast
 OR
 Apple Frudel Stick
 100% Fruit Juice
 Fresh Fruit
 Milk

11
 Egg Patty & Cheese
 On a Whole Grain Bun
 100% Fruit Juice
 Fresh Fruit
 Milk

12
 Whole Grain Waffles On The Go
 Fruit Topping
 Maple Syrup or
 Whole Grain Muffin
 100% Fruit Juice
 Fresh Fruit
 Milk

13
 Turkey Bacon, Egg & Cheese on a WG English Muffin
 Tomato Slices
 100% Fruit Juice
 Fresh Fruit
 Milk

14
 SUPERINTENDENT CONFERENCE DAY

 SCHOOL CLOSED

15
 Chicken Sausage Patties
 Whole Grain Toast
 OR
 Apple Frudel Stick
 100% Fruit Juice
 Fresh Fruit
 Milk

18
 Egg Patty & Cheese
 On a Whole Grain Bun
 100% Fruit Juice
 Fresh Fruit
 Milk

19
 Whole Grain Waffles On The Go
 Fruit Topping
 Maple Syrup or
 Whole Grain Muffin
 100% Fruit Juice
 Fresh Fruit
 Milk

20
 Turkey Bacon, Egg & Cheese on a WG English Muffin
 Tomato Slices
 100% Fruit Juice
 Fresh Fruit
 Milk

21
 Whole Grain French Toast On The Go
 Syrup
 Turkey Bacon
 100% Fruit Juice
 Fresh Fruit
 Milk

22
 Chicken Sausage Patties
 Whole Grain Toast
 OR
 Apple Frudel Stick
 100% Fruit Juice
 Fresh Fruit
 Milk

25
 Egg Patty & Cheese
 On a Whole Grain Bun
 100% Fruit Juice
 Fresh Fruit
 Milk

26
 Whole Grain Waffles On The Go
 Fruit Topping
 Maple Syrup or
 Whole Grain Muffin
 100% Fruit Juice
 Fresh Fruit
 Milk

27
 Turkey Bacon, Egg & Cheese on a WG English Muffin
 Tomato Slices
 100% Fruit Juice
 Fresh Fruit
 Milk

28
 Whole Grain French Toast On The Go
 Syrup
 Turkey Bacon
 100% Fruit Juice
 Fresh Fruit
 Milk

29
 Chicken Sausage Patties
 Whole Grain Toast
 OR
 Apple Frudel Stick
 100% Fruit Juice
 Fresh Fruit
 Milk

All Students who select a breakfast must also take a fruit and/or a juice and/or a vegetable
Offered Daily
 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)

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