



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

# Minisink Valley High School

March 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**  
 Turkey 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 Pita  
 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**  
 Turkey Bacon, Egg &  
 Cheese  
 Pizza  
 Carrot Sticks  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**14**  
**Superintendent  
 Conference  
 Day**

**15**  
 Egg & Cheddar Cheese  
 Breakfast Pita  
 Salsa  
 Vegetarian Beans  
 100% Fruit Juice  
 Fresh Fruit  
 Milk

**18**  
 Turkey Sausage Wrapped  
 In Pancake On A Stick  
 Tater Tots  
 Tomato Slices  
 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**  
 Turkey 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 Pita  
 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  
 Milk

**27**  
 Turkey 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 Pita  
 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

*\*Menus are subject to change*

