



SEPTEMBER 2019

Elementary/Intermediate Breakfast

Menu

2

LABOR DAY
LABOR DAY

SCHOOL CLOSED

3

SUPERINTENDENT
CONFERENCE
DAY

4

Turkey Bacon, Egg & Cheese on a WG English Muffin
Tomato Slices
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

5

Whole Grain French Toast
Maple Syrup
Turkey Bacon
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

6

Chicken Sausage Patties
Whole Grain Toast
OR
Apple Frudel Stick
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

9

Egg Patty & Cheese
On a
Whole Grain Kaiser Roll
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

10

Whole Grain Waffles
W/ Fruit Topping
Maple Syrup or
Whole Grain Muffin
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

13

Turkey Bacon, Egg & Cheese on a WG English Muffin
Tomato Slices
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

14

Whole Grain French Toast
Maple Syrup
Turkey Bacon
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

15

Chicken Sausage Patties
Whole Grain Toast
OR
WG Cinnamon Roll
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

16

Egg Patty & Cheese
On a
Whole Grain Kaiser Roll
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

17

Whole Grain Waffles
W/ Fruit Topping
Maple Syrup or
Whole Grain Muffin
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

18

Turkey Bacon, Egg & Cheese on a WG English Muffin
Tomato Slices
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

19

Whole Grain French Toast
Maple Syrup
Turkey Bacon
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

20

Chicken Sausage Patties
Whole Grain Toast
OR
Apple Frudel Stick
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

23

Egg Patty & Cheese
On a
Whole Grain Kaiser Roll
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

24

Whole Grain Waffles
W/ Fruit Topping
Maple Syrup or
Whole Grain Muffin
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

25

Turkey Bacon, Egg & Cheese on a WG English Muffin
Tomato Slices
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

26

Whole Grain French Toast
Maple Syrup
Turkey Bacon
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

27

Chicken Sausage Patties
Whole Grain Toast
OR
WG Cinnamon Roll
4 oz. 100% Fruit Juice
Fresh Fruit ½ Cup
Milk

30

ROSH HASHANAH

SCHOOL CLOSED

Breakfast Price
Full - \$0.75
Reduced - \$0.00
Free - \$0.00
Adult - \$2.40 + Tax

Any Questions or Concerns
Contact FSD Marilyn DiGregorio
845-355-5116
MDiGregorio@minisink.com

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 WG Reduced Sugar Cereals w/ String Cheese
Plain Bagel Offered With String Cheese OR 4 oz. Yogurt
Fresh Fruit and 100% Fruit Juice Offered

All meals Offered with Milk. Choice of:

Skim, 1% White
Chocolate Fat Free

(All milk antibiotic and hormone free)