



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

SEPTEMBER 2019

Breakfast Menu

2 Labor Day
 School Closed

3 Superintendent
 Conference
 Day
 SCHOOL CLOSED

4 Turkey Bacon, Egg &
 Cheese Pizza
 Carrot Sticks
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

5 WG French Toast Sticks
 Maple Syrup
 Or Whole Grain Muffin
 Chicken Sausage
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

6 Egg & Cheddar Cheese
 Breakfast Burrito
 Tomato Salsa
 Vegetarian Beans
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

9 Turkey Sausage Wrapped
 In Pancake On A Stick
 Tater Tots
 Tomato Slices
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

10 WG Waffles
 With Fruit Topping
 Maple Syrup Or
 Whole Grain Muffin
 Turkey Bacon
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

11 Turkey Bacon, Egg &
 Cheese Pizza
 Carrot Sticks
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

12 WG Pancakes
 Maple Syrup
 Or Whole Grain Muffin
 Chicken Sausage
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

13 Egg & Cheddar Cheese
 Breakfast Burrito
 Tomato Salsa
 Vegetarian Beans
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

16 Turkey Sausage Wrapped
 In Pancake On A Stick
 Tater Tots
 Tomato Slices
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

17 WG Waffles
 With Fruit Topping
 Maple Syrup Or
 Whole Grain Muffin
 Turkey Bacon
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

18 Turkey Bacon, Egg &
 Cheese Pizza
 Carrot Sticks
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

19 WG French Toast Sticks
 Maple Syrup
 Or Whole Grain Muffin
 Chicken Sausage
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

20 Egg & Cheddar Cheese
 Breakfast Burrito
 Tomato Salsa
 Vegetarian Beans
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

23 Turkey Sausage Wrapped
 In Pancake On A Stick
 Tater Tots
 Tomato Slices
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

24 WG Waffles
 With Fruit Topping
 Maple Syrup Or
 Whole Grain Muffin
 Turkey Bacon
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

25 Turkey Bacon, Egg & Cheese
 Pizza
 Carrot Sticks
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

26 WG Pancakes
 Maple Syrup
 Or Whole Grain Muffin
 Chicken Sausage
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

27 Egg & Cheddar Cheese
 Breakfast Burrito
 Tomato Salsa
 Vegetarian Beans
 4 oz. 100% Fruit Juice
 And Fresh Fruit ½ Cup
 Milk

30 ROSH HASHANAH
 SCHOOL CLOSED

31 School Closed

32 Breakfast Price
 Full - \$1.00
 Reduced - \$0.00
 Free - \$0.00
 Adult - \$2.40 + Tax

33 School Closed

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

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

