



# East Greenbush Central School *OCTOBER* Breakfast

K-8



Menu Subject to Change

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



### A Students

### B Students

### Virtual Learning

### A Students

### B Students

|   |   |   |  |   |  |
|---|---|---|--|---|--|
| A |    |   |  |   |  |
| B | <b>5) Whole grain poptart</b><br>1 oz cheese stick<br>100% Juice cup<br>Fresh fruit or Light Fruit cup<br>Low Fat or Fat Free Milk    | <b>6) Delicious Frudel</b><br>Cherry danish<br>100% Juice cup<br>Fresh fruit or Light fruit cup<br>Low Fat or Fat Free Milk         | <b>7) Lender's bagel</b><br>1 oz. cream cheese<br>100% Juice cup<br>Fresh fruit or Light fruit cup<br>Low Fat or Fat Free Milk | <b>1) Mini Pancakes</b><br>Soft and tasty<br>100% Juice cup<br>Fresh fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk           | <b>2) Pillsbury pull apart bagel</b><br>Cream cheese filling<br>100% Juice cup<br>Fresh fruit or Light Fruit cup<br>Low Fat or Fat Free milk |
| A | <b>12) NO SCHOOL COLUMBUS DAY</b><br>                | <b>13) Whole grain poptart</b><br>1 oz cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk | <b>14) Lender's bagel</b><br>1 oz cream cheese<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk | <b>15) Whole grain muffin</b><br>1 oz cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk  | <b>16) Pillsbury mini waffles</b><br>Yummy goodness<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk          |
| B | <b>19) Whole grain poptart</b><br>1 oz cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk   | <b>20) Cereal bar</b><br>1 oz cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk          | <b>21) Lender's bagel</b><br>1 oz cream cheese<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk | <b>22) Pillsbury mini waffles</b><br>Yummy goodness<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk | <b>23) Whole grain muffin</b><br>1oz cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk            |
| A | <b>26) Assorted Cereal Bowls</b><br>1oz. cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk | <b>27) Whole grain muffin</b><br>1oz. cheese stick<br>100% Juice cup<br>Fresh Fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk  | <b>28) Lender's bagel</b><br>1oz cream cheese<br>100% Juice cup<br>Fresh fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk  | <b>29) Delicious Frudel</b><br>Cherry danish<br>100% Juice cup<br>Fresh fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk        | <b>30) Mini Pancakes</b><br>Soft and tasty<br>100% Juice cup<br>Fresh fruit or Light Fruit Cup<br>Low Fat or Fat Free Milk                   |

All meals meet the Whole grain requirement

All meals include fresh fruit, 100% juice, low fat or fat free milk

***This institution is an equal opportunity provider and employer***

At this time meals are free through the USDA