

# October 2017 Schoharie CSD Breakfast Menu

Breakfast Daily alternates: cereal w/graham crackers, Yogurt w/Granola

Elem Cost \$1.50 Reduced .25 High school Cost \$1.60 Reduced .25

Monday	Tuesday	Wednesday	Thursday	Friday
Pancake on a stick W/syrup Chilled Fruit 100% Fruit Juice Low fat or fat free Milk  <b>2</b>	Bagel w/cream cheese Chilled Fruit 100% Fruit Juice Low Fat or Fat Free Milk  <b>3</b>	French Toast Sticks /syrup Chilled Fruit 100% Fruit Juice Low Fat or Fat Milk  <b>4</b>	Sausage egg and cheese Muffin Chilled Fruit 100% Fruit Juice Low Fat or Fat Milk  <b>5</b>	Breakfast pizza Strawberries 100% Fruit Juice Low Fat or Fat Free milk  <b>6</b>
<b>No School</b>  <b>Columbus Day</b>  <b>9</b>	Cini Minis Chilled fruit 100% Fruit Juice Low Fat or Fat Free milk  <b>10</b>	French Toast Sticks W/syrup Egg Patty Chilled fruit 100% Fruit Juice Low fat or fat free Milk <b>11</b>	Bagel w/cream cheese Chilled fruit 100% Fruit Juice Low Fat or Fat Free milk  <b>12</b>	Breakfast Pizza Chilled fruit 100% Fruit Juice Low Fat or Fat Free milk  <b>13</b>
Apple Frundel Egg Patty Chilled fruit 100% Fruit Juice Low Fat or Fat Free milk  <b>16</b>	Bagel w/cream cheese Chilled fruit 100% Fruit Juice Low fat or fat free Milk  <b>17</b>	Sausage egg and cheese breakfast Sandwich Chilled fruit 100% Fruit Juice Low fat or fat free Milk  <b>18</b>	Uber bar Egg patty Chilled fruit 100% Fruit Juice Low Fat or Fat Free Milk  <b>19</b>	Assorted Muffins Strawberries 100% Fruit Juice Low Fat or Fat Free Milk  <b>20</b>
Breakfast Burrito Chilled fruit 100% Fruit Juice Low Fat or Fat Free milk  <b>23</b>	French Toast sticks w/Syrup Sausage Patty Chilled fruit 100% Fruit Juice Low Fat or Fat Free milk  <b>24</b>	Bagel w/cream cheese Chilled fruit 100% Fruit Juice Low Fat or Fat Free milk  <b>25</b>	Cini Mini Egg Patty Blueberries 100% Fruit Juice Low Fat or Fat Free Milk  <b>26</b>	Breakfast pizza Chilled fruit 100% Fruit Juice Low fat or fat free Milk  <b>27</b>
Mini Pancake Pack w/syrup chilled fruit 100% Fruit Juice Low fat or fat free Milk  <b>30</b>	Assorted Muffins Chilled fruit 100% Fruit Juice Low fat or fat free Milk  <b>31</b>	Bagel w/cream cheese Chilled fruit 100% Fruit Juice Low Fat or Fat Free Milk  <b>1</b>	Sausage egg and cheese Croissant Chilled fruit 100% Fruit Juice Low Fat or Fat Free Milk  <b>2</b>	French Toast Sticks w/syrup Blueberries 100% Fruit Juice Low Fat or Fat Free Milk  <b>3</b>

\* Menu subject to change without notice\*

This institution and the USDA are equal opportunity provider

**Reminder to get the free/red lunch applications filled out by Oct 18<sup>th</sup> or your child will go to Full price. Any questions contact: Office of School Nutrition: Myra Trumbull Food Service Director 518-295-6618**