


Menands School Breakfast Menu - October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Pancakes w Turkey Sausage Pineapple	3 WG Apple Breadstick Raisins	4 Sausage, Egg & Cheese on WW English Muffin Cinnamon Applesauce	5 Breakfast Pizza Mandarin Oranges	6 WG Bagel with Cream Cheese or Peanut Butter Peaches
9 NO SCHOOL COLUMBUS DAY	10 Cheddar Omelet with WW Toast Mixed Fruit	11 Cinnamon or Blueberry Ultimate Breakfast Round Pears	12 WG Cinnamon Roll Pineapple	13 WG French Toast Sticks w Turkey Sausage Strawberry Applesauce
16 Breakfast Pizza Mandarin Oranges	17 Sausage, Egg & Cheese on WW English Muffin Peaches	18 WG Apple Breadstick Raisins	19 WG Bagel with Cream Cheese or Peanut Butter Mixed Fruit	20 Cheddar Omelet with WW Toast Pears
23 WG Pancakes w Turkey Sausage Pineapple	24 Cinnamon Toast Mango Applesauce	25 Cinnamon or Blueberry Ultimate Breakfast Round Mandarin Oranges	26 WG Cinnamon Roll Peaches	27 Sausage, Egg & Cheese on WW English Muffin Raisins
30 Breakfast Pizza Mixed Fruit	31 WG Apple Breadstick Pears			

Student Breakfast
\$1.50
Adult Breakfast
\$1.75 + tax
Milk \$.60
Menu subject to
change

Available Daily
Cereal w/ Yogurt
or String Cheese

Fruit Smoothie

Fresh Fruit or
100% Fruit Juice

Fat-free Chocolate
or Strawberry,
Skim, or 1% Milk

Don't forget to sign up for Myschoolbucks.com -
Online credit/debit payments, monitor account balance,
and email low-balance notifications.

Please contact Michael Tehan (Head Cook) with any
questions or concerns - 465-4561 ext. 110
or mtehan@menands.org