

~OCTOBER 2017~

# CANAJOHARIE HIGH SCHOOL: GRADE 9-12: BREAKFAST

ALL STUDENTS EAT BREAKFAST AND LUNCH FOR FREE!

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Office of Child Nutrition: 673-6346

MENU SUBJECT TO CHANGE WITHOUT NOTICE

2		3 NEW! TRY ME!		4 BUILD YOUR OWN		5		6	
Bagel w/toppings		Salsa & Egg Flatbread		Honey Wheat Biscuit		Blueberry Muffin or		SCHOOL CLOSED	
Fruit of the Day		or Pancake Stick		Sausage, Egg, Cheese		Banana Muffin		Superintendent's	
100% Fruit Juice		Fruit of the Day		Fruit of the Day		Cheese Stick		Conference Day	
		100% Fruit Juice		100% Fruit Juice		Fruit of the Day			
						100% Fruit Juice			

9		10		11 BUILD YOUR OWN		12		13	
COLUMBUS DAY		Multi Grain Cereal		Croissant		Apple Spice Muffin		French Toast Sticks	
**School Closed**		Mini Bagel		Bacon, Egg & Cheese		Cheese Stick		Syrup	
		Fruit of the Day		Fruit of the Day		Fruit of the Day		Fruit of the Day	
		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice	

16		17		18		19		20	
Bagel w/toppings		Sausage or Ham		Croissant Melt Sandwich		Chocolate Chip Muffin		Pancakes	
Fruit of the Day		Breakfast Pizza		Fruit of the Day		Cheese Stick		Sausage Links	
100% Fruit Juice		Fruit of the Day		100% Fruit Juice		Fruit of the Day		Fruit of the Day	
		100% Fruit Juice				100% Fruit Juice		100% Fruit Juice	

23		24		25 BUILD YOUR OWN		26		27	
Multi Grain Cereal		Salsa & Egg Flatbread		Biscuit		Whole Grain Fruit Pastry		Mini Bagel Pack	
Mini Bagek		or Breakfast Pizza		Sausage, Egg, Cheese		Cheese Stick		Sausage Links	
Fruit of the Day		Fruit of the Day		Fruit of the Day		Fruit of the Day		Fruit of the Day	
100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice	

30		31		NOV 1 B-Y-O		NOV 2		NOV 3	
Bagel w/topping		Breakfast Burrito or		Croissant		WG Baked Funnel Cake		French Toast	
Fruit of the Day		Pancake Stick		Bacon, Egg & Cheese		Cheese Stick		Sausage Links	
100% Fruit Juice		Fruit of the Day		Fruit of the Day		Fruit of the Day		Fruit of the Day	
		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice	

- ✓ Low Fat and Fat Free Milk Served Daily.
- ✓ Alternate breakfast may include: cereal & grahams, yogurt w/bread, bagel w/toppings
- ✓ This institution and the USDA are equal opportunity providers.