

Salem JH/High School Breakfast Menu October 2016

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	4 Belgian Waffles w/Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	5 French Toast Sticks w/syrup or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	6 Cinnamon Roll or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	7 Egg and Cheese Sandwich or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk
10 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	11 Belgian Waffles w/Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	12 French Toast Sticks w/syrup or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	13 Cinnamon Roll or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	14 NO SCHOOL
17 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	18 Belgian Waffles w/Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	19 French Toast Sticks w/syrup or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	20 Cinnamon Roll or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	21 Egg and Cheese Sandwich or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk
24 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	25 Belgian Waffles w/Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	26 French Toast Sticks w/syrup or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	27 Cinnamon Roll or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk	28 Egg and Cheese Sandwich or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk
31 Breakfast Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice and Fruit Choice of Milk		 Whole Grains Available Daily		MENUS SUBJECT TO CHANGE

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Middle & High School Alternate Options May Include:

Banana or Blueberry Muffins
Chocolate Chip Oatmeal Breakfast Bar
Warm Grab & Go Breakfast Sandwiches
Fortified Breakfast Pastries
Warm Bagels
Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice available daily.



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Proud to manage your food service program



Meal Prices:
Paid \$.75
Reduced \$.30
Adult \$1.35

This institution is an equal opportunity provider.