

August 2017 Grab & Go Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 No School	4 No School
7 Half Day <i>Breakfast & Lunch will not be served</i>	8 No School	9 Breakfast Chicken with Biscuit Fresh Banana Assorted 100% Juice	10 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	11 Breakfast Pizza Orange Smiles Assorted 100% Juice
14 Sausage with Biscuit Fresh Apple Assorted 100% Juice	15 Sausage, Egg, & Cheese Biscuit Slider Fresh Pear Assorted 100% Juice	16 Cinnamon Minis Fresh Banana Assorted 100% Juice	17 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	18 Breakfast Pizza Orange Smiles Assorted 100% Juice
21 No School	22 Cheesy Breadstick Fresh Apple Assorted 100% Juice	23 Bacon, Egg, & Cheese Toast Fresh Banana Assorted 100% Juice	24 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	25 Breakfast Pizza Orange Smiles Assorted 100% Juice
28 Sausage with Biscuit Fresh Apple Assorted 100% Juice	29 Sausage, Egg, & Cheese Biscuit Slider Fresh Pear Assorted 100% Juice	30 French Toast Fresh Banana Assorted 100% Juice	31 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	

Breakfast Prices: Elementary Full Pay \$1.00 • Middle/High Full Pay \$1.15 • Approved Reduced \$0.30 • Universal Breakfast- Free • Adults/Visitors \$1.80

A la Carte 1/2 Pint Milk: \$0.50 each, any flavor

A variety of milk is offered daily at breakfast and lunch!

Help yourself to delicious fruits and vegetables! In order to count as a reimbursable meal, each student must have 1/2 cup fruit or vegetable on their tray.

Grab & Go Breakfast is currently available at Oakland Elementary, Montgomery Central Middle, and New Providence Middle.

Nutrition information is available on page 2 • This institution is an equal opportunity provider.

August 2017 Grab & Go Breakfast Menu Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
	1 No School	2 No School	3 No School	4 No School
7 Half Day <i>Breakfast & Lunch will not be served</i>	8 No School	9 Breakfast Chicken with Biscuit 96 4 1 7 207 250 12 6 31 490 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	10 Yogurt with Cinnamon 60 0 0 11 50 Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	11 Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0
14 Sausage with Biscuit 230 22 7 1 170 250 12 6 31 490 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	15 Sausage, Egg, & Cheese Biscuit Slider 190 6 2 25 220 150 4.5 1.5 21 280 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	16 Cinnamon Minis 240 8 2 40 300 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	17 Yogurt with Cinnamon 60 0 0 11 50 Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	18 Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0
21 No School	22 Cheesy Breadstick 190 6 2 25 220 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	23 Bacon, Egg, & Cheese Toast 160 6 2 18 350 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	24 Yogurt with Cinnamon 60 0 0 11 50 Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	25 Breakfast Pizza 210 7 2 27 350 Orange Smiles 62 0 0 15 0 Assorted 100% Juice 60 0 0 14 0
28 Sausage with Biscuit 230 22 7 1 170 250 12 6 31 490 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	29 Sausage, Egg, & Cheese Biscuit Slider 190 6 2 25 220 150 4.5 1.5 21 280 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	30 French Toast 200 8 1.5 25 290 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0	31 Yogurt with Cinnamon 60 0 0 11 50 Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0	Disclaimer: The nutrition information provided is an estimate of the nutrition content within the menu items, and therefore should be used for general information only. Due to product substitutions and changes, nutrition content may vary. Please contact the cafeteria manager if you need additional information.

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