

September 2017 Grab & Go Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Pizza Fresh Pear Assorted 100% Juice
4 Labor Day <i>No School</i>	5 Cheesy Breadstick Fresh Pear Assorted 100% Juice	6 Breakfast Chicken with Biscuit Fresh Banana Assorted 100% Juice	7 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	8 Breakfast Pizza Fresh Pear Assorted 100% Juice
11 Sausage with Biscuit Fresh Apple Assorted 100% Juice	12 Sausage, Egg, & Cheese Biscuit Slider Fresh Pear Assorted 100% Juice	13 Cinnamon Minis Fresh Banana Assorted 100% Juice	14 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	15 Breakfast Pizza Fresh Pear Assorted 100% Juice
18 French Toast Fresh Apple Assorted 100% Juice	19 Cheesy Breadstick Fresh Pear Assorted 100% Juice	20 Bacon, Egg, & Cheese Toast Fresh Banana Assorted 100% Juice	21 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	22 Breakfast Pizza Fresh Pear Assorted 100% Juice
25 Sausage with Biscuit Fresh Apple Assorted 100% Juice	26 Sausage, Egg, & Cheese Biscuit Slider Fresh Pear Assorted 100% Juice	27 French Toast Fresh Banana Assorted 100% Juice	28 Yogurt with Cinnamon Goldfish Graham Fresh Apple Assorted 100% Juice	29 Breakfast Pizza Fresh Pear 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.

September 2017 Grab & Go Breakfast Menu Nutrition Information

Monday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Tuesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Wednesday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Thursday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)	Friday	Calories Total Fat (g) Sat. Fat (g) Carbs (g) Sodium (mg)
						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.		1 Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	
4 Labor Day No School		5 Cheesy Breadstick 190 6 2 25 220 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		6 Breakfast Chicken 96 4 1 7 207 with Biscuit 250 12 6 31 490 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		7 Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		8 Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	
11 Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		12 Sausage, Egg, & Cheese Biscuit Slider 150 4.5 1.5 21 280 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		13 Cinnamon Minis 240 8 2 40 300 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		14 Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		15 Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	
18 French Toast 200 8 1.5 25 290 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		19 Cheesy Breadstick 190 6 2 25 220 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		20 Bacon, Egg, & Cheese Toast 160 6 2 18 350 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		21 Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		22 Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	
25 Sausage 230 22 7 1 170 with Biscuit 250 12 6 31 490 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		26 Sausage, Egg, & Cheese Biscuit Slider 150 4.5 1.5 21 280 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0		27 French Toast 200 8 1.5 25 290 Fresh Banana 108 0 0 28 0 Assorted 100% Juice 60 0 0 14 0		28 Yogurt 60 0 0 11 50 with Cinnamon Goldfish Graham 120 4 1 19 110 Fresh Apple 55 0 0 14 0 Assorted 100% Juice 60 0 0 14 0		29 Breakfast Pizza 210 7 2 27 350 Fresh Pear 96 0 0 23 0 Assorted 100% Juice 60 0 0 14 0	

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