

November 2017 CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS

BREAKFAST



School Information: Breakfast Price: \$1.50

Menu Subject to Change

"USDA is an equal opportunity provider and employer."



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Earn extra money part-time

Work as a substitute in our

School Lunch Department

www.schoolspring.com



Assorted Fruit
Frosted Flakes Cereal
Corn Muffin
Chilled Juice
Choc. Or White Milk

1

Assorted Fruit
Lucky Charms Cereal
Yogurt Cup
Chilled Juice
Choc. Or White Milk

2

Assorted Fruit
Assorted Cereal
English Muffin w/Jelly
Chilled Juice
Choc. Or White Milk

3

Assorted Fruit
Frosted Mini Wheats Cereal
Yogurt Cup
Chilled Juice
Choc. Or White Milk

6

Professional
Development
No School

7

Assorted Fruit
Bagel w/Cream Cheese
Frosted Flakes Cereal
Chilled Juice
Choc. Or White Milk

8

Assorted Fruit
Cocoa Puffs Cereal
WW Toast w/Jelly
Chilled Juice
Choc. Or White Milk

9

Veteran's Day
No School

10

Assorted Fruit
Cheerios Cereal
Pancakes w/Syrup
Chilled Juice
Choc. Or White Milk

13

Assorted Fruit
Rice Krispies Cereal
Corn Muffin
Chilled Juice
Choc. Or White Milk

14

Assorted Fruit
Corn Flakes Cereal
Yogurt Cup
Chilled Juice
Choc. Or White Milk

15

Assorted Fruit
Cocoa Krispies Cereal
WW Toast w/Jelly or Butter
Chilled Juice
Choc. Or White Milk

16

Assorted Fruit
Cinnamon Toast Crunch
Assorted Muffins
Chilled Juice
Choc. Or White Milk

17

Assorted Fruit
Frosted Flakes Cereal
Corn Muffin
Chilled Juice
Choc. Or White Milk

20

Assorted Fruit
Lucky Charms Cereal
Yogurt Cup
Chilled Juice
Choc. Or White Milk

21

Assorted Fruit
Cocoa Puffs Cereal
Cinnamon Toast
Chilled Juice
Choc. Or White Milk

22

Thanksgiving Break
No School

23

Thanksgiving Break
No School

24

Assorted Fruit
Kix Cereal
Egg Patty w/WW Toast
Chilled Juice
Choc. Or White Milk

27

Assorted Fruit
Lucky Charms Cereal
Blueberry Muffin
Chilled Juice
Choc. Or White Milk

28

Assorted Fruit
Cereal Basket
Yogurt Cup
Chilled Juice
Choc. Or White Milk

29

Assorted Fruit
Cocoa Puffs Cereal
WW Toast w/Jelly
Chilled Juice
Choc. Or White Milk

30

