

# September 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](http://www.schoolspring.com)*

Assorted Fruit 1  
Assorted Cereal  
English Muffin w/Jelly  
Chilled Juice  
Choc. Or White Milk



Labor Day  
No School

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Assorted Fruit 5  
Kix Cereal  
Chocolate Chip Muffin  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 6  
Bagel w/Cream Cheese  
Frosted Flakes Cereal  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 7  
Cocoa Puffs Cereal  
WW Toast w/Jelly  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 8  
Cereal Basket  
Yogurt Cup  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 11  
Cheerios Cereal  
French Toast w/Syrup  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 12  
Rice Krispies Cereal  
Corn Muffin  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 13  
Corn Flakes Cereal  
Yogurt Cup  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 14  
Cocoa Krispies Cereal  
WW Toast w/Jelly or Butter  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 15  
Cinnamon Toast Crunch  
Assorted Muffins  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 18  
Frosted Flakes Cereal  
Corn Muffin  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 19  
Lucky Charms Cereal  
Yogurt Cup  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 20  
Cocoa Puffs Cereal  
Poptart  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 21  
Cheerios Cereal  
Yogurt Cup  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 22  
Assorted Cereal  
Banana Muffin  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 25  
Kix Cereal  
Egg Patty w/WW Toast  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 26  
Luck Charms Cereal  
Blueberry Muffin  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 27  
Cereal basket  
Yogurt Cup  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 28  
Cocoa Puffs Cereal  
WW Toast w/Jelly  
Chilled Juice  
Choc. Or White Milk

Assorted Fruit 29  
Assorted Cereal  
Assorted Muffins  
Chilled Juice  
Choc. Or White Milk