

October 2018

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

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

1

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

2

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

3

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

4

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

5

Columbus Day
No School

8

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

9

Assorted Fruit
French Toast w/Syrup
Frosted Flakes Cereal
Chilled Juice
Choc. Or White Milk

10

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

11

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

12

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

15

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

16

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

17

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

18

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

19

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

22

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

23

Assorted Fruit
Cocoa Puffs Cereal
Bagel w/Cream Cheese
Chilled Juice
Choc. Or White Milk

24

Assorted Fruit
Cheerios Cereal
Breakfast Bar
Chilled Juice
Choc. Or White Milk

25

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

26

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

29

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

30

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

31



*Earn extra money part-time
Work as a substitute in our
School Lunch Department
www.schoolspring.com*