

September 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

Labor Day
No School

3

Tuesday

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

4

Wednesday

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

5

Thursday

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

6

Friday

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

7

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

10

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

11

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

12

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

13

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

14

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

17

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

18

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

19

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

20

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

21

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

24

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

25

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

26

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

27

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

28

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

