



OCTOBER

2009



BREAKFAST HELPS FEED THE BRAIN!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST PROCEDURES

Students need to enter through door #3 at Elm Middle to participate at BREAKFAST. Breakfast doors open Monday, Tuesday, Thursday and Friday at 7:30am with no entrance after 7:40am. Those present continue in the cafeteria until 1st bell at 7:50am. Breakfast doors open Wednesday at 8:35am with no entrance after 8:45am. Those present continue in the cafeteria until 1st bell at 8:55am.

5
Assorted Cereal
Cheese Stick
Juice
White Milk

6
Breakfast Muffin
Peanut Butter
Juice
White Milk

7
Cinnamon Roll
Assorted
Yogurt Cup
Juice
White Milk

8
Cocoa Puff
Cereal Bar
Cheese Stick
Juice
White Milk

9
Mini Bagel
Peanut Butter
Juice
White Milk

12
COLUMBUS DAY
No Classes
for
Students

13
Mini Bagel
Peanut Butter
Juice
White Milk

14
Cinnamon Roll
Yoplait
Strawberry
Banana Yogurt
Juice
White Milk

15
Team Cheerios
Bar
Cheese Stick
Juice
White Milk

16
Breakfast Muffin
Peanut Butter
Juice
White Milk

19
Assorted
Cereal
Cheese Stick
Juice
White Milk

20
Breakfast Muffin
Peanut Butter
Juice
White Milk

21
Cinnamon Roll
Trix Yogurt Cup
Juice
White Milk

22
Cocoa Puff
Cereal Bar
Cheese Stick
Juice
White Milk

23
Mini Bagel
Peanut Butter
Juice
White Milk

26
Assorted
Cereal
Cheese Stick
Juice
White Milk

27
Mini Bagel
Peanut Butter
Juice
White Milk

28
Cinnamon Roll
Yoplait
Strawberry
Banana Yogurt
Juice
White Milk

29
Trix Cereal Bar
Cheese Stick
Juice
White Milk

30
Breakfast Muffin
Peanut Butter
Juice
White Milk

BREAKFAST
Choose at least 3 or 4 of the choices offered each day

- 1) Bread/Grain
- 2) Meat Alternate
- 3) Fruit Juice
- 4) Milk.

MEAL DEAL

Full Meal \$1.25
Reduced Meal \$.30
Adult Meal \$2.00

Milk is included with breakfast.
Milk ala carte \$.50

Call the Food Service Office with questions or comments:
Judy Swider 708-583-6233 or Susan Waksh 708-583-5463



ELM MIDDLE SCHOOL 12 SPOT BREAKFAST MENU



District 401 Meal Guidelines:

The food service has a system that allows money to be put on account to use for food service purchases. Students do not need to carry cash. Students need to maintain a positive account balance. Cash or checks made payable to Elmwood Park School District 401 are accepted. Notification of student account balances are sent home with the students when their accounts are at \$5.00 or less. Students and/or parents can drop payments into the deposit box located in the hall outside the main office.

Menus are subject to change without notice.

