

# ACE'S ACTIVE ADVENTURES OCTOBER 2009

BREAKFAST HELPS FEED THE BRAIN!




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>BREAKFAST</b> Choose at least 3 or 4 of the choices offered each day 1)Bread/Grain 2)Meat Alternate 3)Fruit Juice 4)Milk.  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 any questions or concerns: Elmwood Elementary Debbie Mele 708-583-6257 or John Mills Elementary Olga Rivera 708-583-6282 or Food Service Office Susan Walsh 708-583-5463
<b>START the DAY off with BREAKFAST!</b>	 "Marcus" "Ana"	 "Ace" "Zack" "Lucy"	<b>1</b> Trix Cereal Bar Cheese Stick Juice White Milk	<b>2</b> Pita Wedges Sunbutter Juice White Milk	
<b>5</b> Assorted Cereal Cheese Stick Juice White Milk	<b>6</b> Breakfast Muffin Sunbutter Juice White Milk	<b>7</b> Cinnamon Roll Assorted Yogurt Cup Juice White Milk	<b>8</b> Cocoa Puff Cereal Bar Cheese Stick Juice White Milk	<b>9</b> Mini Bagel Sunbutter Juice White Milk	
<b>12 COLUMBUS DAY</b> No Classes for Students	<b>13</b> Mini Bagel Sunbutter Juice White Milk	<b>14</b> Cinnamon Roll Yoplait Strawberry Banana Yogurt Juice White Milk	<b>15</b> Team Cheerios Bar Cheese Stick Juice White Milk	<b>16</b> Pita Wedges Sunbutter Juice White Milk	
<b>19</b> Assorted Cereal Cheese Stick Juice White Milk	<b>20</b> Breakfast Muffin Sunbutter Juice White Milk	<b>21</b> Cinnamon Roll Trix Yogurt Cup Juice White Milk	<b>22</b> Cocoa Puff Cereal Bar Cheese Stick Juice White Milk	<b>23</b> Mini Bagel Sunbutter Juice White Milk	
<b>26</b> Assorted Cereal Cheese Stick Juice White Milk	<b>27</b> Mini Bagel Sunbutter Juice White Milk	<b>28</b> Cinnamon Roll Yoplait Strawberry Banana Yogurt Juice White Milk	<b>29</b> Trix Cereal Bar Cheese Stick Juice White Milk	<b>30</b> Breakfast Muffin Sunbutter Juice White Milk	

## ELMWOOD PARK ELEMENTARY SCHOOL BREAKFAST MENU

### District 401 Meal Guidelines:

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 who forget to bring lunch & do not have money on their account will be offered ONLY a sunbutter sandwich, vegetable of the day, fruit cup and milk for 6 breakfast/lunch meals maximum. Their account will be charged for a meal each time.

Menus are subject to change without notice.

