



# 2011 OCTOBER

## Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>3</b> Kellogg Whole Grain Strawberry Pop Tart OR Assorted Cereal with Nabisco Graham Crackers 100% Fruit Juice 1% Milk	<b>4</b> Otis Whole Grain/ Reduced Fat Blueberry Muffin OR Assorted Cereal with Mozzarella Stick 100% Fruit Juice 1% Milk	<b>5</b> Warm Plain Bagel with Melted American Cheese OR Assorted Cereal with 100% Fruit Juice 1% Milk	<b>6</b> Wheat Thins OR Assorted Cereal with Cheddar Cheese 100% Fruit Juice 1% Milk	<b>7</b> <b>INSTITUTE DAY</b>  No Students	<b><u>BRAIN POWER</u></b> is <b>BREAKFAST</b>  <b><u>MEAL DEAL</u></b> Full Meal \$2.00 Reduced Meal \$.30 Free Meal \$.00 Adult Meal \$2.75  <b>BREAKFAST</b> If offered 4 choices, choose at least 3 or 4; if offered 3 choices, choose at least 2 or 3.  Milk is included with breakfast. Milk ala carte \$.50  Call the Food Service Office with questions or comments: Susan Walsh 708-583-5463
<b>10</b> <b>COLUMBUS DAY</b>  No School	<b>11</b> Otis Whole Grain/ Reduced Fat Apple Cinnamon Muffin OR Assorted Cereal with Colby Jack Cheese 100% Fruit Juice 1% Milk	<b>12</b> Smuckers Waffle OR Assorted Cereal with 100% Fruit Juice 1% Milk	<b>13</b> Assorted Cereal OR Nabisco Teddy Grahams with Danimal Cherry Crush Cup Yogurt 100% Fruit Juice 1% Milk	<b>14</b> General Mills Cocoa Puff Cereal Bar OR Assorted Cereal with Nabisco Graham Crackers 100% Fruit Juice 1% Milk	
<b>17</b> Kellogg Whole Grain Strawberry Pop Tart OR Assorted Cereal with Nabisco Graham Crackers 100% Fruit Juice 1% Milk	<b>18</b> Otis Whole Grain/ Reduced Fat Double Chocolate Muffin OR Assorted Cereal with Mozzarella Stick 100% Fruit Juice 1% Milk	<b>19</b> Warm Plain Bagel with Melted American Cheese OR Assorted Cereal with 100% Fruit Juice 1% Milk	<b>20</b> Assorted Cereal OR Wheat Bread With Peanut Butter Banana 1% Milk	<b>21</b> General Mills Trix Cereal Bar OR Assorted Cereal with Nabisco Graham Crackers 100% Fruit Juice 1% Milk	
<b>24</b> Kellogg Whole Grain Brown Sugar Pop Tart OR Assorted Cereal with Nabisco Graham Crackers 100% Fruit Juice 1% Milk	<b>25</b> Otis Whole Grain/ Reduced Fat Banana Muffin OR Assorted Cereal with Mozzarella Stick 100% Fruit Juice 1% Milk	<b>26</b> Smuckers Waffle OR Assorted Cereal with 100% Fruit Juice 1% Milk	<b>27</b> Assorted Cereal OR Nabisco Teddy Grahams with Danimal Strawberry Crush Cup Yogurt 100% Fruit Juice 1% Milk	<b>28</b> General Mills Cocoa Puff Cereal Bar OR Assorted Cereal with Nabisco Graham Crackers 100% Fruit Juice 1% Milk	
<b>31</b> Kellogg Whole Grain Strawberry Pop Tart OR Assorted Cereal with Nabisco Graham Crackers 100% Fruit Juice 1% Milk		<p style="text-align: center;"><b>Students <u>approved for free or reduced lunch</u>, is also <u>approved for free (\$0.00) or reduced (\$.30) breakfast</u>. Paid students price \$1.25. See your school for more information.</b></p>			

## ELMWOOD PARK HIGH SCHOOL BREAKFAST MENU



**District 401 Meal Guidelines:**  
**Students can put money on account to use for food service purchases. Students no longer need to carry cash with them everyday. Students can bring in or parents can drop off cash or check (preferred & paid to Elmwood Park School District 401) to the food services at anytime. The student's account must maintain a zero balance or above. Please call 708-583-5463 with comments/questions.**

Menus are subject to change without notice.