

Spencerport Breakfast Menu– September 2019

Cost - \$1.75

Free and Reduced meals available to those students that qualify.

Assorted Milk Available (May choose one)

Skim, 1%, and No Fat Chocolate

May choose one of the following

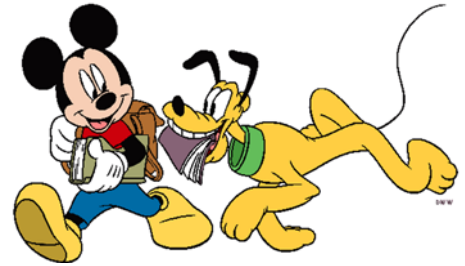
Juice, Fresh Fruit, or Dished fruit

Must choose One or Two items from this category unless it is Hot Breakfast day and you choose the Hot



Breakfast item

Assorted Cereal
Assorted Pastries
2 oz. Muffin
Yogurt (4 oz.)
Cheese Stick



OR

One item from this category unless it is Hot Breakfast day and you choose the Hot Breakfast item

Bagel (Assorted with plain white bagels)

Assorted Pastries

Breakfast breaks (This is a complete meal but allowed to take one more juice or fruit and a milk)



Requirements for the School Breakfast Program:

- All grains must be whole-grain rich (must contain at least 50% whole grain)
- At least 1 full cup of fruit must be offered daily, and students are required to take at least a half cup (so students must take either a fruit or a juice, which may be either fresh or canned, in addition to the main entrée and the milk)

Thursday, September 5th – Hot Breakfast will start on September 12th

Tuesday, September 10th – Hot Breakfast will start on September 12th

Thursday, September 12th – Breakfast Pizza

Tuesday, September 17th – French toast Sticks w/ sausage

Thursday, September 19th – Breakfast Sandwich on a Biscuit

Tuesday, September 24th – Pancakes on a Stick

Thursday, September 26th – Breakfast Pizza