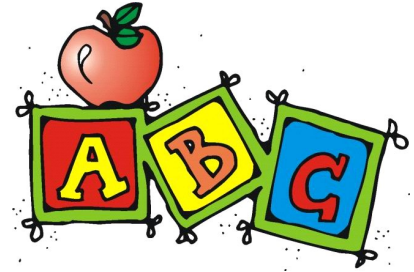


# Orchard Park CSD Breakfast Menu

Menu is subject to change



## FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2018-19 Breakfast Price \$1.20				1 WG Donut ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk
4 Egg, Sausage and Cheese Sandwich ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	5 Warm Bagel w/Toppings Cereal w WG Toast ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	6 Frudel Pastry ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	7 Pancakes w/Syrup ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	8 WG Muffin with Yogurt Cereal w WG Toast ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk
11 Cinni Mini Cereal w WG Toast ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	12 Egg, Sausage and Cheese Sandwich ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	13 WG Donut ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	14 Warm Bagel w/Toppings Cereal w WG Toast ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	15 French Toast Sticks& Syrup Cereal w WG Toast ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk
<p><b>winter break</b></p>				
25 Frudel Pastry ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	26 French Toast Sticks& Syrup Cereal w WG Toast ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	27 Warm Bagel w/Toppings Cereal w WG Toast ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	28 WG Donut ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk	March 1 Egg, Sausage and Cheese Sandwich ----- Chilled 100% Juice Cup Fresh or Prepared Fruit ----- Non or Low Fat Milk

### ATTENTION PARENTS!

Breakfast is the most important meal of the day and provides the necessary energy to start a day of learning and achievement. Children who eat breakfast at school:

- Score better on Standardized Tests
- Have Fewer Health Issues
- Behave Better in Class

Students may choose one item from each section. Students must choose at least three items (including up to 1 Cup of fruit) to constitute a full breakfast.