

# BREAKFAST MENU for Argenziano, ESCS, Healey, Kennedy, WSNS, Brown and Capuano

SEPTEMBER 2019

## MONDAY

Free breakfast is available for all students every day!

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## TUESDAY

*"This institution is an equal opportunity employer."*

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## WEDNESDAY

Muffin

28

## THURSDAY

Egg and Cheese on a Croissant

29

## FRIDAY

NO SCHOOL

30

2

NO SCHOOL

3

Pancakes with Blueberries

4

Yogurt Parfait

5

Scrambled Eggs Whole Wheat Toast

6

French Toast with Strawberries

9

Oatmeal

10

Waffles with Blueberries

11

Yogurt Parfait

12

Egg and Cheese on a Biscuit

13

Pancakes with Strawberries

16

Assorted Warm Breakfast Breads

17

French Toast with Blueberries

18

Yogurt Parfait

19

Scrambled Eggs Whole Wheat Toast

20

Waffles with Strawberries

23

Fresh Baked Cinnamon Roll

24

Pancakes with Blueberries

25

Yogurt Parfait

26

Egg and Cheese on a Biscuit

27

French Toast with Strawberries

## FUEL UP with BREAKFAST!

"Eat your breakfast. It's the most important meal of the day!" Why are parents always saying that? Well, imagine you're a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.



## Choices available every day:

Assorted low sugar cereals and grahams crackers (3), wheat bagels with low fat cream cheese. Fresh fruit and low-fat 1% or skim white milk daily.

Menu subject to change.