



"Providing the Absolute Best  
in Food and Facility Management"

# NORTH SCHUYLKILL SCHOOL DISTRICT OCTOBER 09 Breakfast Menu

Start Your Morning Off  
With A Healthy School  
Breakfast  
Served Daily  
8:15 - 8:50



MENU SUBJECT TO CHANGE

Questions about Account Status: kshatalsky@northschuylkill.net or Kim Shatalsky FSD OFFICE 570-874-0466 EXTENSION 2124

MON	TUE	WED	THU	FRI
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OCT 5

Breakfast Pizza  
(Cheese and Sausage) or  
Cereal Selection  
Blueberry Muffin  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

OCT 6

Egg Patty and Cheese on a  
Soft Bun or  
Cereal Selection  
with Graham Crackers  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

OCT 7

Warm Cinnamon Bun  
Stick or Cereal Selection  
w/Graham Crackers  
Fruit or  
100% Fruit Juice  
1/2 Pint Milk

OCT 8

2 FLUFFY PANCAKES  
OR  
Cereal with Banana  
Muffin  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

OCT 9

Breakfast Mini Chicken  
Patty on Soft Bun  
or Cereal with  
Banana Muffin  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

**BREAKFAST PRICES**  
**ELEMENTARY \$1.00**  
**SECONDARY \$1.25**  
**REDUCED \$.30**  
**ADULT \$1.75**

**BREAKFAST helps your BRAIN and BODY get "ENERGIZED" to START YOUR DAY!**

OCT 12

No School  
Teacher  
In-service Day

OCT 13

No School  
ACT 80  
DAY

OCT 14

Egg Patty and Cheese on a  
Soft Bun or  
Cereal Selection  
with Graham Crackers  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

OCT 15

Breakfast Mini Chicken  
Patty on Soft Bun  
or Cereal with  
Banana Muffin  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

OCT 16

Breakfast Pizza  
(Cheese and Sausage) or  
Cereal Selection w/  
Blueberry Muffin  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

All CEREALS are  
General Mills  
WHOLE GRAIN  
\* Selections  
May Vary

OCT 19

2 FLUFFY PANCAKES  
OR  
Cereal with Blueberry  
Mini Loaf  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

OCT 20

Egg Patty and Cheese on a  
Soft Bun or  
Cereal Selection  
with Banana Mini Loaf  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

OCT 21

Warm Cinnamon Bun  
Stick or Cereal Selection  
w/ Apple Cinnamon Mini  
Loaf  
Fruit or  
100% Fruit Juice  
1/2 Pint Milk

OCT 22

Breakfast Pizza  
(Cheese and Sausage) or  
Cereal Selection w/Whole  
Blueberry Muffin  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

OCT 23

Breakfast Mini Chicken  
Patty on Soft Bun  
or Cereal with  
Banana Muffin  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

Fresh Fruit,  
Fruit Cups,  
& 100% Juice Cups  
Available  
Daily

OCT 26

2 French Toast Slices  
w/syrup  
or Cereal Selection with  
Blueberry Muffin  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

OCT 27

Warm Cinnamon Bun  
Stick or Cereal Selection  
w/Banana Mini Loaf  
Fruit or  
100% Fruit Juice  
1/2 Pint Milk

OCT 28

Egg Patty and Cheese on a  
Soft Bun or  
Cereal Selection W/  
Apple Cinnamon Mini  
Loaf  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

OCT 29

Breakfast Mini Chicken  
Patty on Soft Bun  
or Cereal with  
Banana Muffin  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

OCT 30

Breakfast Pizza  
(Cheese and Sausage) or  
Cereal Selection w/  
Blueberry Muffin  
Fruit or 100% Fruit Juice  
1/2 Pint Milk

Skim Milk, 1% Milk  
& 1% Flavored Milk  
Available  
Daily

INCLUDE WHOLE GRAINS IN YOUR HEALTHY DIET