

BREAKFAST

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

SEPTEMBER 2019
Cromwell High School

Students have the opportunity to choose one or two fruit choices, one or two vegetable choices, and a low fat or fat free milk to complete their meal.

Monday	Tuesday	Wednesday	Thursday	Friday
	Mini Cinnamon rolls 3 Fruited Yogurt Juice Milk	French toast Sticks 4 With syrup Sausage patty Fruit Choice Milk	Bacon, Egg and Cheese 5 Breakfast Sandwich Fruit Choice Milk	Assorted warm bagels with 6 cream cheese or jelly and yogurt Fruit choice Milk
Cinnamon or Raspberry 9 Cream Cheese Breakfast Bar Yogurt Fresh Fruit choice Milk	Apple Frudel & Cereal 10 Choice String Cheese Fruit Choice Milk	French toast Sticks 11 With syrup Sausage patty Fruit Choice Milk	Bacon, Egg and Cheese 12 Breakfast Sandwich Fruit Choice Milk	Assorted warm bagels with 13 cream cheese or jelly and yogurt Fruit choice Milk
Choice of warm Banana or 16 Pumpkin bread Cheese Stick Fruit Choice Milk	Mini Cinnamon rolls 17 Fruited Yogurt Juice Milk	French toast Sticks 18 With syrup Sausage patty Fruit Choice Milk	Bacon, Egg and Cheese 19 Breakfast Sandwich Fruit Choice Milk	Assorted warm bagels with 20 cream cheese or jelly and yogurt Fruit choice Milk
Cinnamon or Raspberry 23 Cream Cheese Breakfast Bar Yogurt Fresh Fruit choice Milk	Apple Frudel or Cereal 24 Choice String Cheese Fruit Choice Milk	French toast Sticks 25 With syrup Sausage patty Fruit Choice Milk	Bacon, Egg and Cheese 26 Breakfast Sandwich Fruit Choice Milk	Assorted warm bagels with 27 cream cheese or jelly and yogurt Fruit choice Milk
Choice of warm Banana or 30 Pumpkin bread Cheese Stick Fruit Choice Milk				



Choice of milk served with each meal: chocolate, white, strawberry, fat free, 1% low fat white & lactose free. Fresh and canned fruit is available daily. All bread and pastas are either or whole grain or whole wheat. This institution is an equal opportunity provider. **MENU SUBJECT TO CHANGE**
Daily Meal Prices Breakfast \$1.85 Reduced \$.30
Lunch \$3.10 Reduced \$.40