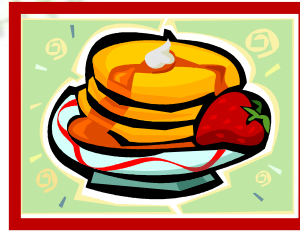


South Windsor  
Public Schools  
Child Nutrition Services



## WEEKLY ELEMENTARY BREAKFAST MENU

DAILY MENU ALWAYS INCLUDES:

Choice of Fresh and Canned Fruit  
Choice of Low Fat, Skim, LF Chocolate, LF Strawberry or  
LF Vanilla Milk

<b>Daily</b>	Cold Cereal and Toast <i>OR the Daily Special:</i>
<b>MONDAY</b>	Whole Grain French Toast Sticks
<b>TUESDAY</b>	Baked, Lowfat, Whole Grain Breakfast Roll (Variety includes Oatmeal Breakfast Round, Apple Stuffed Breadstick, ½ Bagel with peanut butter or cheese, Muffin)
<b>WEDNESDAY</b>	Whole Grain Waffles
<b>THURSDAY</b>	Egg Sandwich on Whole Grain English Muffin or Toast
<b>FRIDAY</b>	Pancakes (with or w/o sausage or Yogurt)

Breakfast Prices 2010-2011

Student K-5 \$1.40 includes entrée, milk and fruit

Adult \$2.25 full breakfast or a la carte for separate items