

GRADES 4-12 BREAKFAST MENU

SEPTEMBER 2019

Student Breakfast \$1.75 Adult Breakfast \$2.50 Extra Milk or Juice .40 Water & Flavored Water \$.75 cents Bottled Juices \$1.00

	Mon	Tue	Wed	Thu	Fri
WEEKS OF: 9/9/19-9/13/19 9/23/19-9/27/19	<u>CHOICE OF ONE ENTRÉE</u>	<u>CHOICE OF ONE ENTRÉE</u>	<u>CHOICE OF ONE ENTRÉE</u>	<u>CHOICE OF ONE ENTRÉE</u>	<u>CHOICE OF ONE ENTRÉE</u>
	French Toast Sticks (**) Popcorn Chicken Bites Apple Frudel OR Turkey Sausage Patty Non-Fat Yogurt (**) Hard Boiled Egg (**) Cheese Stick (**) (Above 4 comes with 1 choice of grain below)	French Toast Sticks (**) Popcorn Chicken Bites Apple Frudel OR Turkey Sausage Patty Non-Fat Yogurt (**) Hard Boiled Egg (**) Cheese Stick (**) (Above 4 comes with 1 choice of grain below)	French Toast Sticks (**) Popcorn Chicken Bites Apple Frudel OR Turkey Sausage Patty Non-Fat Yogurt (**) Hard Boiled Egg (**) Cheese Stick (**) (Above 4 comes with 1 choice of grain below)	French Toast Sticks (**) Popcorn Chicken Bites Apple Frudel OR Turkey Sausage Patty Non-Fat Yogurt (**) Hard Boiled Egg (**) Cheese Stick (**) (Above 4 comes with 1 choice of grain below)	French Toast Sticks (**) Popcorn Chicken Bites Apple Frudel OR Turkey Sausage Patty Non-Fat Yogurt (**) Hard Boiled Egg (**) Cheese Stick (**) (Above 4 comes with 1 choice of grain below)
	<u>OR</u> <u>CHOICE OF TWO BELOW</u>	<u>OR</u> <u>CHOICE OF TWO BELOW</u>	<u>OR</u> <u>CHOICE OF TWO BELOW</u>	<u>OR</u> <u>CHOICE OF TWO BELOW</u>	<u>OR</u> <u>CHOICE OF TWO BELOW</u>
	Tator Tots (**) Nutrigrain Breakfast Bar (**) Assorted Muffins (**) Nature Valley Oats & Honey Bar (**) Assorted Cereal (**) Super Whole Grain Cocoa Donut (**) <u>ABOVE SERVED WITH TATER STARS (Optional)</u>	Tator Tots (**) Nutrigrain Breakfast Bar (**) Assorted Muffins (**) Nature Valley Oats & Honey Bar (**) Assorted Cereal (**) Super Whole Grain Cocoa Donut (**) <u>ABOVE SERVED WITH TATER STARS (Optional)</u>	Tator Tots (**) Nutrigrain Breakfast Bar (**) Assorted Muffins (**) Nature Valley Oats & Honey Bar (**) Assorted Cereal (**) Super Whole Grain Cocoa Donut (**) <u>ABOVE SERVED WITH TATER STARS (Optional)</u>	Tator Tots (**) Nutrigrain Breakfast Bar (**) Assorted Muffins (**) Nature Valley Oats & Honey Bar (**) Assorted Cereal (**) Super Whole Grain Cocoa Donut (**) <u>ABOVE SERVED WITH TATER STARS (Optional)</u>	Tator Tots (**) Nutrigrain Breakfast Bar (**) Assorted Muffins (**) Nature Valley Oats & Honey Bar (**) Assorted Cereal (**) Super Whole Grain Cocoa Donut (**) <u>ABOVE SERVED WITH TATER STARS (Optional)</u>
	ALL OF THE ABOVE SERVED WITH: Fruit of the Day and/or 100% Juice 1% White Milk or Non-Fat Chocolate Milk	ALL OF THE ABOVE SERVED WITH: Fruit of the Day and/or 100% Juice 1% White Milk or Non-Fat Chocolate Milk	ALL OF THE ABOVE SERVED WITH: Fruit of the Day and/or 100% Juice 1% White Milk or Non-Fat Chocolate Milk	ALL OF THE ABOVE SERVED WITH: Fruit of the Day and/or 100% Juice 1% White Milk or Non-Fat Chocolate Milk	ALL OF THE ABOVE SERVED WITH: Fruit of the Day and/or 100% Juice 1% White Milk or Non-Fat Chocolate Milk
WEEK OF: 9/3/19-9/6/19 9/16/19-9/20/19	<u>CHOICE OF ONE ENTRÉE</u>	<u>CHOICE OF ONE ENTRÉE</u>	<u>CHOICE OF ONE ENTRÉE</u>	<u>CHOICE OF ONE ENTRÉE</u>	<u>CHOICE OF ONE ENTRÉE</u>
	Sausage & Egg Tornado Cinnamon Roll (**) Pancakes (**) OR Turkey Sausage Patty Non-Fat Yogurt (**) Hard Boiled Egg (**) Cheese Stick (**) (Above 4 comes with 1 choice of grain below)	Sausage & Egg Tornado Cinnamon Roll (**) Pancakes (**) OR Turkey Sausage Patty Non-Fat Yogurt (**) Hard Boiled Egg (**) Cheese Stick (**) (Above 4 comes with 1 choice of grain below)	Sausage & Egg Tornado Cinnamon Roll (**) Pancakes (**) OR Turkey Sausage Patty Non-Fat Yogurt (**) Hard Boiled Egg (**) Cheese Stick (**) (Above 4 comes with 1 choice of grain below)	Sausage & Egg Tornado Cinnamon Roll (**) Pancakes (**) OR Turkey Sausage Patty Non-Fat Yogurt (**) Hard Boiled Egg (**) Cheese Stick (**) (Above 4 comes with 1 choice of grain below)	Sausage & Egg Tornado Cinnamon Roll (**) Pancakes (**) OR Turkey Sausage Patty Non-Fat Yogurt (**) Hard Boiled Egg (**) Cheese Stick (**) (Above 4 comes with 1 choice of grain below)
	<u>OR</u> <u>CHOICE OF TWO BELOW</u>	<u>OR</u> <u>CHOICE OF TWO BELOW</u>	<u>OR</u> <u>CHOICE OF TWO BELOW</u>	<u>OR</u> <u>CHOICE OF TWO BELOW</u>	<u>OR</u> <u>CHOICE OF TWO BELOW</u>
	Tator Tots (**) Nutrigrain Breakfast Bar (**) Assorted Muffins (**) Nature Valley Oats & Honey Bar (**) Assorted Cereal (**) Super Whole Grain Cocoa Donut (**) <u>ABOVE SERVED WITH TATER STARS (Optional)</u>	Tator Tots (**) Nutrigrain Breakfast Bar (**) Assorted Muffins (**) Nature Valley Oats & Honey Bar (**) Assorted Cereal (**) Super Whole Grain Cocoa Donut (**) <u>ABOVE SERVED WITH TATER STARS (Optional)</u>	Tator Tots (**) Nutrigrain Breakfast Bar (**) Assorted Muffins (**) Nature Valley Oats & Honey Bar (**) Assorted Cereal (**) Super Whole Grain Cocoa Donut (**) <u>ABOVE SERVED WITH TATER STARS (Optional)</u>	Tator Tots (**) Nutrigrain Breakfast Bar (**) Assorted Muffins (**) Nature Valley Oats & Honey Bar (**) Assorted Cereal (**) Super Whole Grain Cocoa Donut (**) <u>ABOVE SERVED WITH TATER STARS (Optional)</u>	Tator Tots (**) Nutrigrain Breakfast Bar (**) Assorted Muffins (**) Nature Valley Oats & Honey Bar (**) Assorted Cereal (**) Super Whole Grain Cocoa Donut (**) <u>ABOVE SERVED WITH TATER STARS (Optional)</u>
	ALL OF THE ABOVE SERVED WITH: Fruit of the Day and/or 100% Juice 1% White Milk or Non-Fat Chocolate Milk	ALL OF THE ABOVE SERVED WITH: Fruit of the Day and/or 100% Juice 1% White Milk or Non-Fat Chocolate Milk	ALL OF THE ABOVE SERVED WITH: Fruit of the Day and/or 100% Juice 1% White Milk or Non-Fat Chocolate Milk	ALL OF THE ABOVE SERVED WITH: Fruit of the Day and/or 100% Juice 1% White Milk or Non-Fat Chocolate Milk	ALL OF THE ABOVE SERVED WITH: Fruit of the Day and/or 100% Juice 1% White Milk or Non-Fat Chocolate Milk
				FRIDAY SPECIAL Coach Pop's Breakfast Bowl ALL OF THE ABOVE SERVED WITH: Fruit of the Day and/or 100% Juice 1% White Milk or Non-Fat Chocolate Milk	

PLEASE NOTE: Any menu item marked with (**) is considered vegetarian.
Menu items subject to change based on product availability.

We highly encourage you to monitor your child's account free of charge on www.paypams.com
Please feel free to contact sylvia.pelchat@tvcs.org with any questions you may have or if you would like to put a restriction on your child's account.
For information regarding our meal charge limit, please refer to our "Meal Charge Policy" under the Food Service link on our website: www.tvcs.org.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.