



Daily Gluten Free Meals are Available Only to Students With Documented Food Restrictions

1 **WG Bagel**
Graham Crackers
Fruit/Juice/Milk

2 **WG Cereal**
Graham Crackers
Fruit/Juice/Milk

Pearl River Breakfast Menu October 2020

5 **Strawberry Pop Tart**
Graham Crackers
Fruit/Juice/Milk

6 **Blueberry Muffin**
Mozzarella Cheese Stick
Fruit/Juice/Milk

7 See Pick up Menus

8 **Strawberry Nutri-Grain Bar**
Graham Crackers
Fruit/Juice/Milk

9 **WG Cereal**
Graham Crackers
Fruit/Juice/Milk

A Complete Breakfast Meal:
Students Must Take at Least 3 of the 4 Components
Milk Choice:
Skim, 1% or Fat Free Chocolate Hormone & Antibiotic Free
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12 School Closed
Columbus Day

13 **Strawberry Pop Tart**
Graham Crackers
Fruit/Juice/Milk

14 See Pick up Menus

15 **Cinnamon Toast Breakfast Bar**
Graham Crackers
Fruit/Juice/Milk

16 **French Toast Sticks**
Fruit/Juice/Milk

Available Daily
Blueberry Muffin, Nutri-grain Bar
Breakfast Bar

All School Meals Are Free to All Students Until 12/31/20

19 **WG Bagel**
Graham Crackers
Fruit/Juice/Milk

20 **Strawberry Pop Tarts**
Box of Raisins
Fruit/Juice/Milk

21 See Pick up Menus

22 **WG Cereal**
Graham Crackers
Fruit/Juice/Milk

23 **Egg & Cheese On a Roll**
Fruit/Juice/Milk

26 **French Toast Sticks**
Fruit/Juice/Milk

27 **Assorted Muffins**
Mozzarella Cheese Stick
Fruit/Juice/Milk

28 See Pick up Menus

29 **Strawberry Nutri-Grain Bar**
Graham Crackers
Box of Raisins
Fruit/Juice/Milk

30 **Mini Cinnamon Rolls**
Mozzarella Cheese Stick
Fruit/Juice/Milk