

October 2019

Salisbury Central School

Breakfast

Cafeteria Prices Full Price Breakfast: \$1.75 Reduced Price Breakfast: \$0.30 Full Price Lunch: \$3.00 Reduced Price Lunch: \$0.40 Milk: \$0.50 Fruit or Vegetable Only: \$0.75 Snacks/ Ice Cream: \$0.75 Adults Full Breakfast: \$2.20 Adults Breakfast Side: \$0.75 Adults Full Lunch: \$4.00 Adults Sandwich Only: \$3.25 Adults Salad Only: \$3.25 Adults Fruit or Vegetable Only: \$0.75 Adults Milk: \$0.35 Adults Snacks/ Ice Cream: \$0.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<ul style="list-style-type: none"> • Cinnamon Bun Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Mini Maple Pancakes Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Pumpkin Muffin Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Mini French Toast Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk
7	8	9	10	11
<ul style="list-style-type: none"> • Cereal • Fruit Yogurt • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Banana Breakfast Bread or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> • Whole Grain Buttermilk Biscuit w/ Butter Cup Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Mini Waffle Bites Or • Cereal • Assorted Fruit • 1% Low Fat Milk • 100% Fruit Juice • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Mini French Toast Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk
14	15	16	17	18
Columbus Day - no School	<ul style="list-style-type: none"> • Cinnamon Bun Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Mini Maple Pancakes Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Pumpkin Muffin Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Mini French Toast Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk
21	22	23	24	25
<ul style="list-style-type: none"> • Cereal • Fruit Yogurt • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Banana Breakfast Bread or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> • Whole Grain Buttermilk Biscuit w/ Butter Cup Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Mini Waffle Bites Or • Cereal • Assorted Fruit • 1% Low Fat Milk • 100% Fruit Juice • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Mini French Toast Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk
28	29	30	31	
<ul style="list-style-type: none"> • Cereal • Fruit Yogurt • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> • Cinnamon Bun Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Mini Maple Pancakes Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	<ul style="list-style-type: none"> Pumpkin Muffin Or • Cereal • Assorted Fruit • 100% Fruit Juice • 1% Low Fat Milk • Fat Free Unflavored Milk 	

More Details: region1schools.nutrislice.com/menu/salisbury-central-school/breakfast/
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