

March 2019

Salisbury Central School Breakfast

Cafeteria Prices Full Price Breakfast: \$1.75 Reduced Price Breakfast: \$0.30 Full Price Lunch: \$2.85 Reduced Price Lunch: \$0.40 Milk: \$0.35 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

- Mini French Toast
- Or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

4

- Cereal
- Fruit Yogurt
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

5

- Banana Breakfast Bread
- or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

6

- Whole Grain Buttermilk Biscuit w/ Butter Cup
- Or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

7

- Mini Waffle Bites
- Or
- Cereal
- Assorted Fruit
- 1% Low Fat Milk
- 100% Fruit Juice
- Fat Free Unflavored Milk

8

- Mini French Toast
- Or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

11

- Cereal
- Fruit Yogurt
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

12

- Cinnamon Bun
- Or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

13

- Mini Maple Pancakes
- Or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

14

- Pumpkin Muffin
- Or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

15

No School

18

- Cereal
- Fruit Yogurt
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

19

- Banana Breakfast Bread
- or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

20

- Whole Grain Buttermilk Biscuit w/ Butter Cup
- Or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

21

- Mini Waffle Bites
- Or
- Cereal
- Assorted Fruit
- 1% Low Fat Milk
- 100% Fruit Juice
- Fat Free Unflavored Milk

22

- Mini French Toast
- Or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

25

- Cereal
- Fruit Yogurt
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

26

- Cinnamon Bun
- Or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

27

- Mini Maple Pancakes
- Or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

28

- Pumpkin Muffin
- Or
- Cereal
- Assorted Fruit
- 100% Fruit Juice
- 1% Low Fat Milk
- Fat Free Unflavored Milk

29

- Mini French Toast
- 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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