

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

More Details: [region1schools.nutrislice.com/menu/salisbury-central-school/breakfast/](http://region1schools.nutrislice.com/menu/salisbury-central-school/breakfast/)  
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