

OCTOBER 2018

TUCKAHOE SCHOOLS

BREAKFAST MENU



DAILY SPECIALS AVAILABLE:				
CHOICE OF 1% MILK, FAT FREE UNFLAVORED, AND FAT FREE CHOCOLATE MILK	BREAKFAST SERVICE: WILLIAM E. COTTLE: 8:00—8:30 HS/MS: 7:15 -9:30	MUFFINS: BANANA, APPLE, BLUEBERRY AND DOUBLE CHOCOLATE! CINNAMON APPLE!	FRESH FRUIT! Only 100% Juices Served	Student Breakfast \$1.25 Reduced: \$0.25
01 Whole Grain French Toast 100% Juice Fresh Fruit 1% Milk, Fat Free Milk Fat Free Chocolate Milk	02 Whole Grain Maple Pancakes 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate	03 Cinnamon Breakfast Roll 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	04 French Toast with Syrup 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	05 Egg & Cheese Breakfast Sandwich 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk
08 COLUMBUS DAY OBSERVED SCHOOL CLOSED	09 Turkey Sausage Pancake Wrap 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	10 Egg & Cheese 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	11 Whole Grain Maple Pancakes 100% Fruit Juice Fresh Fruit Fat Free Milk, Fat Free Chocolate & 1% Milk	12 Scrambled Eggs with Turkey Bacon on English Muffin 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate
15 Whole Grain French Toast with Syrup 100% Juice Fresh Fruit 1% Milk, Fat Free Milk Fat Free Chocolate Milk	16 Whole Grain Maple Pancakes 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	17 Egg & Cheese Breakfast Sandwich 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	18 Whole Grain Waffles Warm Fruit Topping 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	19 Egg, Turkey Sausage and Cheese on Whole Grain Bagel 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk
22 Cinnamon Breakfast Roll 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	23 Whole Grain Waffles Warm Fruit Topping 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	24 Egg & Cheese Breakfast Sandwich 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	25 Whole Grain French Toast with Syrup 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	26 Egg & Cheese Breakfast Burrito on Whole Grain Tortilla 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk
29 Egg & Cheese Breakfast Sandwich 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	30 Whole Grain Maple Pancakes 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	31 Egg & Turkey Sausage Whole Grain Bagel 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	Please let us know if you have any food allergies. Menu's subject to change without notice Equal opportunity employer	

