

# NOVEMBER 2018

## TUCKAHOE SCHOOLS

### BREAKFAST MENU



DAILY SPECIALS AVAILABLE:				
CHOICE OF 1% MILK, FAT FREE UNFLAVORED, AND FAT FREE CHOCOLATE MILK	<b>BREAKFAST SERVICE:</b> <b>WILLIAM E. COTTLE:</b> 8:00—8:30 HS/MS: 7:15 -9:30	<b>MUFFINS: BANANA, APPLE, BLUEBERRY AND DOUBLE CHOCOLATE! CINNAMON APPLE!</b>	<b>FRESH FRUIT!</b> Only 100% Juices Served	<b>Student Breakfast</b> \$1.25 Reduced: \$0.25 Adult: \$2.25 plus tax
			01 French Toast with Syrup 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	02 Egg & Cheese Breakfast Sandwich 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk
05 Whole Grain French Toast with Syrup 100% Juice Fresh Fruit 1% Milk, Fat Free Milk Fat Free Chocolate Milk	06 <i>Superintendent Conference day</i>  <i>School Closed</i>	07 Egg & Cheese Breakfast Burrito on Whole Grain Tortilla 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	08 Whole Grain Maple Pancakes 100% Fruit Juice Fresh Fruit Fat Free Milk, Fat Free Chocolate & 1% Milk	09 Scrambled Eggs with Turkey Bacon on English Muffin 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate
12 <i>Veterans Day Observed</i>  <i>School Closed</i>	13 Whole Grain Maple Pancakes 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	14 Egg & Cheese Breakfast Burrito on Whole Grain Tortilla 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	15 Whole Grain Waffles Warm Fruit Topping 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	16 Egg, Turkey Sausage and Cheese on Whole Grain Bagel 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk
19 Cinnamon Breakfast Roll 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	20 Whole Grain Waffles Warm Fruit Topping 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	21 Egg & Cheese on Whole Grain Bagel 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk <b>n Kaiser</b>	22 <i>Thanksgiving Recess</i>  <i>School Closed</i>	23 <i>Thanksgiving Recess</i>  <i>School Closed</i>
26 Egg & Cheese on Whole Grain Bagel 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	27 Whole Grain Maple Pancakes 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	28 Cinnamon Breakfast Roll 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	29 Turkey Sausage Pancake Wrap 100% Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk	30 French Toast with Syrup 100% Fruit Juice Fresh Fruit 1% Milk, Fat Free Milk, Fat Free Chocolate Milk