



January 2019



Carlstadt School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 Pancakes w/ Syrup Fruit or 100% Fruit Juice Milk Choice	3 French Toast w/ Syrup Fruit or 100% Fruit Juice Milk Choice	4 Bagel w/ Egg Fruit or 100% Fruit Juice Milk Choice
7 Chocolate Chip Muffin Graham Cracker Fruit or 100% Fruit Juice Milk Choice	8 Waffles w/ Syrup Fruit or 100% Fruit Juice Milk Choice	9 Pancakes w/ Syrup Fruit or 100% Fruit Juice Milk Choice	10 French Toast w/ Syrup Fruit or 100% Fruit Juice Milk Choice	11 Bagel w/ Egg Fruit or 100% Fruit Juice Milk Choice
14 Chocolate Chip Muffin Graham Cracker Fruit or 100% Fruit Juice Milk Choice	15 Waffles w/ Syrup Fruit or 100% Fruit Juice Milk Choice	16 Pancakes w/ Syrup Fruit or 100% Fruit Juice Milk Choice	17 French Toast w/ Syrup Fruit or 100% Fruit Juice Milk Choice	18 Bagel w/ Egg Fruit or 100% Fruit Juice Milk Choice
21 No School	22 Waffles w/ Syrup Fruit or 100% Fruit Juice Milk Choice	23 Pancakes w/ Syrup Fruit or 100% Fruit Juice Milk Choice	24 French Toast w/ Syrup Fruit or 100% Fruit Juice Milk Choice	25 Bagel w/ Egg Fruit or 100% Fruit Juice Milk Choice
28 Chocolate Chip Muffin Graham Cracker Fruit or 100% Fruit Juice Milk Choice	29 Waffles w/ Syrup Fruit or 100% Fruit Juice Milk Choice	30 Pancakes w/ Syrup Fruit or 100% Fruit Juice Milk Choice	31 French Toast w/ Syrup Fruit or 100% Fruit Juice Milk Choice	



Breakfast is served every morning in the cafeteria from 8:00 to 8:30



Student Breakfast \$1.50
Reduced Breakfast \$.30



Also Available Daily

Kellogg's Cereal
Graham Cracker
Fruit or 100% Fruit
Juice
Milk Choice



School Breakfast Information:

- Student breakfast includes: protein/grain(s), fruit and milk
- Daily milk choices include: 1% white and fat free chocolate
- Daily fruit Includes: apples, oranges, pears, seasonal fruit, melons, grapes, applesauce
- All breads and grains as part of a meal and snacks are whole grain rich
- Menu subject to change due to product availability
- Fund, view and receive account balances by visiting www.payforit.net or [payforit apple](#) or [android app](#)

