



# October 2018



## Carlstadt School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chocolate Chip Muffin Graham Cracker Fruit or 100% Fruit Juice Milk Choice	2 Waffles w/ Syrup Fruit or 100% Fruit Juice Milk Choice	3 Pancakes w/ Syrup Fruit or 100% Fruit Juice Milk Choice	4 French Toast w/ Syrup Fruit or 100% Fruit Juice Milk Choice	5 No School
8 No School	9 Waffles w/ Syrup Fruit or 100% Fruit Juice Milk Choice	10 Pancakes w/ Syrup Fruit or 100% Fruit Juice Milk Choice	11 French Toast w/ Syrup Fruit or 100% Fruit Juice Milk Choice	12 Bagel w/ Egg Fruit or 100% Fruit Juice Milk Choice
5 Chocolate Chip Muffin Graham Cracker Fruit or 100% Fruit Juice Milk Choice	16 Waffles w/ Syrup Fruit or 100% Fruit Juice Milk Choice	17 Pancakes w/ Syrup Fruit or 100% Fruit Juice Milk Choice	18 French Toast w/ Syrup Fruit or 100% Fruit Juice Milk Choice	19 Bagel w/ Egg Fruit or 100% Fruit Juice Milk Choice
22 Chocolate Chip Muffin Graham Cracker Fruit or 100% Fruit Juice Milk Choice	23 Waffles w/ Syrup Fruit or 100% Fruit Juice Milk Choice	24 Pancakes w/ Syrup Fruit or 100% Fruit Juice Milk Choice	25 French Toast w/ Syrup Fruit or 100% Fruit Juice Milk Choice	26 Bagel w/ Egg Fruit or 100% Fruit Juice Milk Choice
29 Chocolate Chip Muffin Graham Cracker Fruit or 100% Fruit Juice Milk Choice	30 Waffles w/ Syrup Fruit or 100% Fruit Juice Milk Choice	31 Pancakes 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](http://www.payforit.net) or [payforit apple or android app](#)

