

**Amsterdam Elementary Schools
Grades K-5 Breakfast Menu
OCTOBER 2009**

If you have any questions, please call the Director of Dining Services

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cinnamon Toaster Cereal White Milk Choice Orange Juice Trail Mix	2 Egg Patty Canadian Bacon Slice of Wheat Toast Raisins Milk
FRIDAY, OCTOBER 2ND, HALF DAY FOR ALL STUDENTS, NO LUNCH SERVED				
5 Egg & Cheese Omelet Slice of Wheat Toast Raisins Milk	6 English Muffin w/ Peanut Butter Orange Juice Milk	7 French Toast Sticks Syrup Raisins Milk	8 Tootie Fruitie Cereal White Milk Choice Graham Crackers Raisins	9 Egg Patty Canadian Bacon Slice of Wheat Toast Raisins Milk
12 CLOSED COLUMBUS DAY	13 English Muffin w/ Peanut Butter Orange Juice Milk	14 Pancakes w/ Syrup Graham Crackers Raisins Milk	15 Cinnamon Toaster Cereal White Milk Choice Orange Juice Trail Mix	16 Egg Patty Canadian Bacon Slice of Wheat Toast Raisins Milk
19 Egg & Cheese Omelet Slice of Wheat Toast Raisins Milk	20 English Muffin w/ Peanut Butter Orange Juice Milk	21 French Toast Sticks Syrup Raisins Milk	22 Tootie Fruitie Cereal White Milk Choice Graham Crackers Raisins	23 Egg Patty Canadian Bacon Slice of Wheat Toast Raisins Milk
26 Egg & Cheese Omelet Slice of Wheat Toast Raisins Milk	27 English Muffin w/ Peanut Butter Orange Juice Milk	28 Pancakes w/ Syrup Graham Crackers Raisins Milk	29 Cinnamon Toaster Cereal White Milk Choice Orange Juice Trail Mix	30 Egg Patty Canadian Bacon Slice of Wheat Toast Raisins Milk
THURSDAY & FRIDAY, OCTOBER 29-30, HALF DAY ALL STUDENT, NO LUNCH SERVED				

Student Breakfast price: \$.70 • Reduced meal price: \$0.25 • Milk price: \$0.40

**PRE-PAID MEALS ARE AVAILABLE
MENU SUBJECT TO CHANGE WITHOUT NOTICE**

**For a nutritional analysis of this menu please call 843-5634
Any delay in the opening of school no breakfast will be served.**

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