

# Aug & Sept 2019

On line payments: [myschoolbucks.com](http://myschoolbucks.com)

Meals include: whole grains, 1% & low fat milk,  
Fresh, canned or dried fruit, 100% juice

## BREAKFAST MENU DUDLEY CHARLTON REGIONAL SCHOOL DISTRICT BREAKFAST



Welcome Back to School

Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30
<b>WEEK OF AUGUST 26</b>	Mini Pancakes Fresh Fruit Asst Vanilla Grahams	Assorted Yogurts Fresh Fruit Asst Apple Cinn Grahams	Assorted Muffins Fresh Fruit Asst Maple Waffle Grahams	<b>NO SCHOOL</b>
2	3	4	5	6
<b>NO SCHOOL</b>	Bagels & Cream Chz Grape Jelly Fresh Fruit Asst Apple Cinn Grahams	Yogurt Smoothies Fresh Fruit Asst Vanilla Grahams	Cinnamon Rolls Fresh Fruit Asst Chocolate Grahams	Assorted Pop Tarts Fresh Fruit Asst Honey Grahams
9	10	11	12	13
Assorted Cereals Fresh Fruit Asst Vanilla Grahams	Egg & Cheese Sandie Fresh Fruit Asst Cinnamon Goldfish	Assorted Yogurts Fresh Fruit Asst Apple Cinn Grahams	Assorted Muffins Fresh Fruit Asst Maple Waffle Grahams	Assorted Pop Tarts Fresh Fruit Asst Honey Grahams
16	17	18	19	20
Assorted Cereal Bars Fresh Fruit Asst Honey Grahams	French Toast Fresh Fruit Asst Apple Cinn Grahams	Yogurt Smoothies Fresh Fruit Asst Vanilla Grahams	Cinnamon Rolls Fresh Fruit Asst Chocolate Grahams	Assorted Pop Tarts Fresh Fruit Asst Honey Grahams
23	24	25	26	27
Assorted Cereals Fresh Fruit Asst Vanilla Grahams	Mini Pancakes Fresh Fruit Asst Vanilla Grahams	Assorted Yogurts Fresh Fruit Asst Apple Cinn Grahams	Assorted Muffins Fresh Fruit Asst Maple Waffle Grahams	Assorted Pop Tarts Fresh Fruit Asst Honey Grahams
30				
Assorted Cereal Bars Fresh Fruit Asst Honey Grahams				

### School Lunch

Price \$2.90

Reduced Lunch

Price \$.40

School Breakfast

Price \$1.50

Reduce Breakfast

Price \$.30

Alternative options served daily, please check with school cafeteria for menu.

\*All meals meet the nutrition standards set forth by the Healthy, Hunger-Free Kids Act of 2010.

\*Free/Reduced lunch applications may be submitted at any time throughout the school year.

Food allergies must be documented with the school nurse and the Food Service Director.

Menus are subject to change without notice due to item availability.