

BREAKFAST IS AVAILABLE FOR FREE TO ALL STUDENTS!
 COME JOIN US FOR THE MOST IMPORTANT MEAL OF THE DAY!



ASSORTED FRUIT SERVED DAILY

Meriden Public Schools Food Services

Elementary Breakfast Menu — May 2014

Susan Maffé, Food Service Director

To Make a Complete Breakfast, Choose at Least 3 Items:

Milk: Choose One	Juice: Choose One	Fruits: Choose One	Grains & Meat/Meat Alternates:
Low-Fat Unflavored Milk 	Orange Juice 	Assorted Fresh Fruit 	Choose a grab and go breakfast Consisting of the following 3 items: RS WG Assorted Cold Cereal WG Graham Cracker & Apple Juice 
Fat Free Unflavored Milk		Assorted Canned Fruit	OR: Choose the Main Meal on the Menu: All Main Meal Choices count as 2 items The Below Menu will be served to students in Grades 3-5, in the Cafeteria Daily, FREE of charge

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change			Steel Cut Oatmeal and Granola Topping ^{5/1}	Turkey Sausage, Egg and Cheese on a Whole Grain Bagel ^{5/2}
WG Chocolate Chip Muffin ^{5/5}	Yogurt & A Nutrigrain Bar ^{5/6}	WG Mini Maple Waffles W/ Syrup ^{5/7}	Turkey Sausage, Egg and Cheese on a Whole Grain Bagel ^{5/8}	WG Mini Maple Pancakes w/Syrup ^{5/9}
WG Iced Sweet Potato Bun ^{5/12}	Yogurt & A WG Poptart ^{5/13}	WG Banana Chocolate Chip Bar ^{5/14}	WG Mini Maple Burst Pancakes w/Syrup ^{5/15}	Whole Wheat Breakfast Scramble ^{5/16}
WG Banana Bread ^{5/19}	Turkey Sausage, Egg and Cheese on a Whole Grain Bagel ^{5/20}	Yogurt & A Nutrigrain Bar ^{5/21}	WG French Toast Sticks W/ Syrup ^{5/22}	WG Blueberry Muffin ^{5/23}
No School Memorial Day ^{5/26}	Yogurt & A Nutrigrain Bar ^{5/27}	Whole Wheat Breakfast Scramble ^{5/28}	WG Cinnamon Bun ^{5/29}	Breakfast Buffet ^{5/30}

Students not in grades 3-5 will continue to receive breakfast in the classroom. Breakfast in the classroom will consist of:
 Assorted, Reduced Sugar, Whole Grain Cereal; 100% Fruit Juice;
 Assorted, Whole Grain Snacks;
 Choice of Fat Free or Reduced Fat

MyPaymentsPlus - An online prepayment system for breakfast and lunch and the ability to check your **child's account history online**. For more information visit our website: www.meridenk12.org

DID YOU KNOW...
 Free or reduced price meals may be applied for anytime during the school year. If you are not eligible now, but experience a change such as a decrease in household income, an increase in household size, become unemployed or get SNAP/food stamps or TFA, fill out an application at that time. Applications can be obtained from the school office or on our website, www.meriden.k12.ct.us. Please call (203) 630-4166 for additional information