



# Rise & Shine With Nutri-Serve!

# BREAKFAST MENU

## October PREK- K Breakfast Menu FAIRFIELD TWP School District


We use the healthier whole grain versions of your breakfast favorites!

Breakfast Includes: Milk & Fruit



### Did you know?!?

Eating within two hours of waking up jumpstarts your metabolism ~ the rate at which your body burns calories!

Monday-October 3	Tuesday-October 4	Wednesday-October 5	Thursday-October 6	Friday-October 7
<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Pop Tart</b> w/ Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Apple Bites</b> Apple Cinnamon <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>SCHOOL CLOSED</b> <b>TEACHER IN-SERVICE</b>
Monday-October 10	Tuesday-October 11	Wednesday-October 12	Thursday-October 13	Friday-October 14
<b>COLUMBUS DAY</b> <b>SCHOOL CLOSED</b>	<b>Pop Tart</b> w/ Cheese Stick <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Apple Bites</b> Apple Cinnamon <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice
Monday-October 17	Tuesday-October 18	Wednesday-October 19	Thursday-October 20	Friday-October 21
<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Pop Tart</b> w/ Cheese Stick <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	 <b>Crunch Mania</b> French Toast Graham <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice
Monday-October 24	Tuesday-October 25	Wednesday-October 26	Thursday-October 27	Friday-October 28
<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Pop Tart</b> w/ Cheese Stick <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Crunch Mania</b> French Toast Graham <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice
Monday-October 31	<b>Breakfast Served to all Students at No Cost</b> Food Service Director: Pat Pangborne FAR@nsfm.com ~ Phone: 856-453-1882 X2113 <small>*Menu subject to change</small>			
<b>Cereal Bowl</b> w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice				



## Sharing New Ideas



This institution is an equal opportunity provider.