



Rise & Shine With Nutri-Serve!

BREAKFAST MENU

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!

October Breakfast Menu FAIRFIELD TWP School District

Monday-October 3	Tuesday-October 4	Wednesday-October 5	Thursday-October 6	Friday-October 7
Cereal Bowl w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Pop Tart w/ Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Cereal Bowl w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Mini Pancakes w/ Syrup <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	SCHOOL CLOSED TEACHER IN-SERVICE
Monday-October 10	Tuesday-October 11	Wednesday-October 12	Thursday-October 13	Friday-October 14
COLUMBUS DAY SCHOOL CLOSED	Chocolate Chip Muffin <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Cereal Bowl w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Cinnamon Roll Cinnamon Swirl <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Cereal Bowl 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
Cereal Bowl w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Mini Bagel Cinnamon Cream Cheese <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Cereal Bowl w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Crunch Mania French Toast Graham <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Cereal Bowl 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
Cereal Bowl w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Cinnamon Toast Cereal Bar <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Cereal Bowl w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	 Apple Frudel Bar <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice	Cereal Bowl w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice
Monday-October 31	Breakfast Served to all Students at No Cost Food Service Director: Pat Pangborne FAR@nsfm.com ~ Phone: 856-453-1882 X2113 *Menu subject to change			
Cereal Bowl w/Graham Crackers <u>Sides:</u> Fruit: Fresh/Cupped/Juice Milk Choice				



Sharing New Ideas



This institution is an equal opportunity provider.