


# MARIA L. VARISCO-ROGERS CHARTER SCHOOL

 *Maschio's Food Services*

## OCTOBER Breakfast Menu

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cereal Choice 100% Fruit Juice Cup Graham Crackers (3) Milk Selection
4 Cereal Choice Graham Crackers(3) 100% Orange Juice Cup Milk Selection	5 Muffin w/Butter 100 % Fruit Juice Cup Milk Selection	6 Cinnamon Swirl French Toast w/Syrup Sausage Patty 100% Grape Juice Cup Milk Selection	7 Yogurt w/ Cheese Stick 100 %Fruit Juice Cup Milk Selection	8 Cereal Choice Graham Crackers (3) Fresh Banana Milk Selection
11 NO SCHOOL	12 Muffin w/Butter 100 % Fruit Juice Cup Milk Selection	13 Pancakes (3) Hash Brown 100% Apple Juice Cup Milk Selection	14 Yogurt w/ Cheese Stick 100 %Fruit Juice Cup Milk Selection	15 Cereal Choice Graham Crackers (3) Fresh Banana Milk Selection
18 Cereal Choice Graham Crackers(3) 100% Orange Juice Cup Milk Selection	19 Muffin w/Butter 100 % Fruit Juice Cup Milk Selection	20 Cinnamon Swirl French Toast w/Syrup Sausage Patty 100% Grape Juice Cup Milk Selection	21 Yogurt w/ Cheese Stick 100 %Fruit Juice Cup Milk Selection	22 Cereal Choice Graham Crackers (3) Fresh Banana Milk Selection
25 Cereal Choice Graham Crackers(3) 100% Orange Juice Cup Milk Selection	26 Muffin w/Butter 100 % Fruit Juice Cup Milk Selection	27 Pancakes (3) Hash Brown 100% Apple Juice Cup Milk Selection	29 Yogurt w/ Cheese Stick 100 %Fruit Juice Cup Milk Selection	29 Cereal Choice Graham Crackers (3) Fresh Banana Milk Selection

*Student Breakfast*     \$1.50  
*Adult Breakfast*     \$1.90  
*Student Milk*     \$0.50  
*Reduced Breakfast*     \$0.30

**COMPLETE BREAKFAST**  
**INCLUDES:**  
 Entrée (Protein & Bread or  
 Two of One)  
 Fruit or 100% Juice  
 Low-Fat Cold Milk Selection

**Choice of flavored or unflavored,  
 low fat milk available with all meals.**

*START YOUR DAY  
 WITH  
 GOOD NUTRITION!*



A DAY WITHOUT  
 BREAKFAST IS LIKE A  
 DAY WITHOUT SUN-  
 SHINE!

