


# MARIA L. VARISCO-ROGERS CHARTER SCHOOL

 *Maschio's Food Services*

## September Breakfast Menu

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
8/30 Cereal Choice Graham Crackers(3) 100% Fruit Juice Cup Milk Selection	8/31 Yogurt w/ Cheese Stick 100 %Fruit Juice Cup Milk Selection 	1 Pancakes (3) Turkey Sausage 100% Fruit Juice Cup Milk Selection	2 Yogurt w/ Cheese Stick Fresh Orange Milk Selection	3 Cereal Choice 100% Fruit Juice Cup Graham Crackers (3) Milk Selection 
6 Cereal Choice Graham Crackers(3) 100% Orange Juice Cup Milk Selection	7 Kaiser Roll w/Butter 100 % Fruit Juice Cup Milk Selection	8 Cinnamon Swirl French Toast w/Syrup Sausage Patty 100% Grape Juice Cup Milk Selection	9 Yogurt w/ Cheese Stick 100 %Fruit Juice Cup Milk Selection 	10 Cereal Choice Graham Crackers (3) Fresh Banana Milk Selection
13 Cereal Choice Graham Crackers(3) 100% Orange Juice Cup Milk Selection	14 Kaiser Roll w/Butter 100 % Fruit Juice Cup Milk Selection	15 Pancakes (3) Hash Brown 100% Apple Juice Cup Milk Selection	16  Yogurt w/ Cheese Stick 100 %Fruit Juice Cup Milk Selection 	17 Cereal Choice Graham Crackers (3) Fresh Banana Milk Selection
20 Cereal Choice Graham Crackers(3) 100% Orange Juice Cup Milk Selection 	21 Kaiser Roll w/Butter 100 % Fruit Juice Cup Milk Selection	22 Cinnamon Swirl French Toast w/Syrup Sausage Patty 100% Grape Juice Cup Milk Selection	23  Yogurt w/ Cheese Stick 100 %Fruit Juice Cup Milk Selection 	24 Cereal Choice Graham Crackers (3) Fresh Banana Milk Selection
27 Cereal Choice Graham Crackers(3) 100% Orange Juice Cup Milk Selection	28 Kaiser Roll w/Butter 100 % Fruit Juice Cup Milk Selection	29 Pancakes (3) Hash Brown 100% Apple Juice Cup Milk Selection	30 Yogurt w/ Cheese Stick 100 %Fruit Juice Cup 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

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



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

*START YOUR DAY  
 WITH  
 GOOD NUTRITION!*

