

**BREAKFAST**

This Institution is an equal opportunity provider

# NOVEMBER 2022

## WATERFORD PUBLIC SCHOOLS

Milk only: \$.75  
 Second Meal Prices:  
 Elem: \$2.25; CLMS \$2.50; WHS \$2.75

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**1**  
 Egg & Cheese on a WG Roll  
 100% grape juice  
 Fresh fruit choice  
 Milk

**2**  
 Turkey Sausage  
 on a WG Biscuit  
 100% Fruit Punch  
 Banana  
 Milk

**3**  
 French Toast Bites  
 Maple Syrup cup  
 100% Orange Juice  
 Milk

**4**  
 Breakfast Bun  
 Fresh Orange  
 100% Apple juice  
 Milk

**7**  
 Mini Pancakes  
 Syrup cup  
 100% Orange Juice  
 Banana  
 Milk

**8**  
 Professional Development Day!  
 No School

**9**  
 Apple Frudel  
 100% Apple Juice  
 Fresh Apple  
 Milk

**10**  
 Goody Ring  
 100% Orange Juice  
 Banana  
 Milk

**11**  
 Warm Muffin  
 100% Fruit Juice  
 Banana  
 Milk

**14**  
 Cinnamon Roll  
 100% Orange Juice  
 Fresh Orange  
 Milk

**15**  
 Egg & Chees on a Roll  
 100% Grape Juice  
 Banana  
 Milk

**16**  
 French Toast Sticks  
 Maple Syrup Cup  
 100% Fruit Punch  
 Milk

**17**  
 Assorted Yogurt  
 String Cheese stick  
 Scooby Grahams  
 100% fruit juice  
 Milk

**18**  
 Breakfast Bun  
 100% Fruit Juice  
 Fresh Apple  
 Milk

**21**  
 Egg & Cheese Sandwich  
 on a warm Roll  
 100% Grape Juice  
 Banana  
 Milk

**22**  
 Cinnamon Roll  
 100% Orange Juice  
 Fresh Orange  
 Milk

**23**  
 School Holiday

**24**  
*Happy Thanksgiving!*

**25**  
 School Holiday

**28**  
 Banana Bread  
 100% fruit Juice  
 Fresh Fruit  
 Milk

**29**  
 Assorted Yogurt  
 String Cheese Stick  
 Giant Goldfish Grahams  
 100% fruit Juice  
 Milk

**30**  
 Assorted Warm Muffin  
 100% Fruit Punch  
 Banana  
 Milk



**NOTICE:** Waterford has opted in to SMART funds which will provide breakfast and lunch at no cost to all students at the beginning of the school year. Meals at no cost are unlikely to last all year and are subject to the availability of district funds. Please submit a free/red application in anticipation of all funds being expended.

ALL Grain-based items offered at breakfast are Whole Grain Rich which means that at least 50% of the grains in the items are whole grain and all other grains are enriched

\*Milk Choices: 1% white or Fat Free Flavored

\* A variety of breakfast options offered daily

\* All breakfast includes 1 cup of fruit

\* Menu subject to change