



Westerly High School Breakfast

October 2017

2
Oatmeal Raisin Benefit Bar

side items
Apples and Diced Pears
100% Fruit Juice & Low-Fat Milk

3
Breakfast Egg Rolls

side items
Oranges and Fruit Cocktail
100% Fruit Juice & Low-Fat Milk

4
Berry French Toast w/ Syrup

side items
Pears and Applesauce
100% Fruit Juice & Low-Fat Milk

5
Cinnamon Raisin Bagel w/ Cream Cheese

side items
Bananas and Raisins
100% Fruit Juice & Low-Fat Milk

6
Banana Chocolate Chip Benefit Bar

side items
Grapes and Diced Peaches
100% Fruit Juice & Low-Fat Milk

9
No School Columbus Day

side items

10
Blueberry Muffin w/ String Cheese

side items
Oranges and Fruit Cocktail
100% Fruit Juice & Low-Fat Milk

11
Cinnamon Breakfast Round

side items
Pears and Applesauce
100% Fruit Juice & Low-Fat Milk

12
Breakfast Egg Rolls

side items
Bananas and Raisins
100% Fruit Juice & Low-Fat Milk

13
Cherry Frudel

side items
Grapes and Diced Peaches
100% Fruit Juice & Low-Fat Milk

16
Waffles w/ Syrup

side items
Apples and Diced Pears
100% Fruit Juice & Low-Fat Milk

17
Glazed Cinnamon Roll

side items
Oranges and Fruit Cocktail
100% Fruit Juice & Low-Fat Milk

18
Apple Bosco Sticks

side items
Pears and Applesauce
100% Fruit Juice & Low-Fat Milk

19
Pancakes w/ Syrup

side items
Bananas and Raisins
100% Fruit Juice & Low-Fat Milk

20
Chocolate Chip Muffin w/ String Cheese

side items
Grapes and Diced Peaches
100% Fruit Juice & Low-Fat Milk

23
Apple Frudel

side items
Apples and Diced Pears
100% Fruit Juice & Low-Fat Milk

24
Blueberry Bagel w/ Cream Cheese

side items
Oranges and Fruit Cocktail
100% Fruit Juice & Low-Fat Milk

25
Oatmeal Raisin Benefit Bar

side items
Pears and Applesauce
100% Fruit Juice & Low-Fat Milk

26
Apple Cinnamon Muffin w/ String Cheese

side items
Bananas and Raisins
100% Fruit Juice & Low-Fat Milk

27
Cinnamon French Toast w/ Syrup

side items
Grapes and Diced Peaches
100% Fruit Juice & Low-Fat Milk

30
Pancakes w/ Syrup

side items
Apples and Diced Pears
100% Fruit Juice & Low-Fat Milk

31 Halloween
Banana Muffin w/ String Cheese

side items
Oranges and Fruit Cocktail
100% Fruit Juice & Low-Fat Milk

1
Cinnamon Raisin Bagel w/ Cream Cheese

side items
Pears and Applesauce
100% Fruit Juice & Low-Fat Milk

2
Apple Bosco Sticks

side items
Bananas and Raisins
100% Fruit Juice & Low-Fat Milk

3
Blueberry Waffles w/ Syrup

side items
Grapes and Diced Peaches
100% Fruit Juice & Low-Fat Milk

Please turn in your free/reduced applications as soon as possible. The grace period ends on October 18th.

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

Make Payments Online at www.myschoolbucks.com



Eat Local!

We strive to offer the freshest fruit & vegetables for all our meals. Each month we offer local produce within 150 miles of Westerly!

Breakfast Prices:
Reduced: \$0.30, Paid: \$1.60



Questions?

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This institution is an equal opportunity provider.

