

September 2009

Healthy School Breakfast

Southern Cayuga Central School Middle & High

If your child is approved for free or reduced price lunches, they also qualify for free or reduced breakfast.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 
6	7 No School Labor day	8 Bagels With cream cheese Fresh fruit or juice Milk	9 Croissant Sandwich with Sausage & cheese Fresh fruit or juice Milk	10 Breakfast Pizza Fresh fruit or juice Milk	11 Mac-muffin Sandwich with Egg & cheese Fresh fruit or juice Milk	12
13	14 Bagels With cream cheese Fresh fruit or juice Milk	15 Mac-muffin Sandwich with Sausage & cheese Fresh fruit or juice Milk	16 Cheese omelet Hash brown Fresh fruit or juice Milk	17 French toast sticks With syrup Sausage links Fresh fruit or juice Milk	18 Mac-muffin Sandwich with Egg, ham & cheese Fresh fruit or juice Milk	19
20	21 Bagels With cream cheese Fresh fruit or juice Milk	22 Mac-muffin Sandwich with Egg & cheese Fresh fruit or juice Milk	23 Breakfast Pizza Fresh fruit or juice Milk	24 Breakfast Burrito Hash brown Fresh fruit or juice Milk	25 Mac-muffin Sandwich with Ham & cheese Fresh fruit or juice Milk	26
27 	28 Bagels With cream cheese Fresh fruit or juice Milk	29 Croissant Sandwich with Sausage & cheese Fresh fruit or juice Milk	30 Cheese omelet Hash brown Fresh fruit or juice Milk	Breakfast Items that we Offer Every day:	Assorted cereal Breakfast bars 4 oz. Muffin Hot oatmeal Yogurt & parfait	