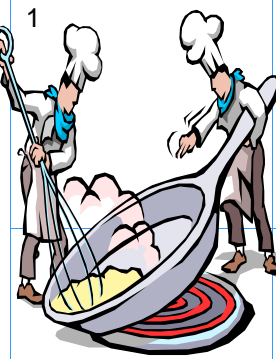
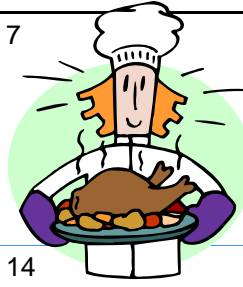
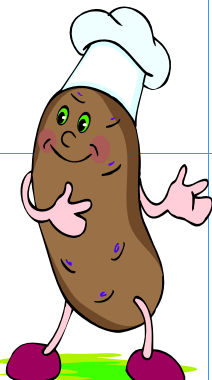



November 2009

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

Healthy School Breakfast Menu

Southern Cayuga Central School Middle & High

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 	<p>2</p> <p>Assorted Bagels Cream cheese Fruit or juice Milk</p>	<p>3</p> <p>Croissant Sandwich with Ham & cheese Fruit or juice Milk</p>	<p>4</p> <p>Breakfast Pizza Fruit or juice Milk</p>	<p>5</p> <p>Assorted Bagels With cream cheese Fruit or juice Milk HALF DAY</p>	<p>6</p> <p>Assorted Bagels With cream cheese Fruit or juice Milk HALF DAY</p>	<p>7</p> 
	<p>9</p> <p>Assorted Bagels With cream cheese Fruit or juice Milk</p>	<p>10</p> <p>Mac-muffin Sandwich with Sausage & cheese Fruit or juice Milk</p>	<p>11</p> <p>NO SCHOOL VETERAN'S DAY</p>	<p>12</p> <p>Pancakes on Stick With syrup Fruit or juice Milk</p>	<p>13</p> <p>Mac-muffin Sandwich with Egg & cheese Fruit or juice Milk</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>Assorted Bagels With cream cheese Fruit or juice Milk</p>	<p>17</p> <p>Mac-muffin Sandwich with Ham & cheese Fruit or juice Milk</p>	<p>18</p> <p>Cheese omelet Hash brown Fruit or juice Milk</p>	<p>19</p> <p>French toast sticks With syrup Sausage links Fruit or juice Milk</p>	<p>20</p> <p>Mac-muffin Sandwich with Sausage & cheese Fruit or juice Milk</p>	<p>21</p>
<p>22</p> 	<p>23</p> <p>Assorted Bagels With cream cheese Fruit or juice Milk</p>	<p>24</p> <p>Mac-muffin Sandwich with Sausage & cheese Fruit or juice Milk</p>	<p>25</p> <p>NO SCHOOL</p>	<p>26</p> <p>NO SCHOOL THANKSGIVING DAY</p>	<p>27</p> <p>NO SCHOOL</p>	
<p>29</p>	<p>30</p> <p>Assorted Bagels With cream cheese</p>					