



**OCTOBER 2021
MIDDLE/HIGH SCHOOL
BREAKFAST MENU**

Janet L. Gaffney, MS RD LDN
Food Service Director



Monday	Tuesday	Wednesday	Thursday	Friday
<p>LOOKING FOR A LITTLE EXTRA CASH FLEXIBLE HOURS? Various part-time Food Service Opportunities available this school year. Complete application at www.ambridge.k12.pa.us Apply For All Clearances Act 34,151, 114 Email concerns:jgaffney@ambridge.k12.pa.us</p> <p>*AASD is an equal opportunity provider</p>				Breakfast Kits (Includes 2 Grains & 100% Juice) Milk
4	5	6	7	8
Apple Juice Oatmeal "Round" Cook's Choice of 2nd Grain Milk	Chilled Peaches Cup Cinnamon Roll String Cheese Milk	Orange Juice Blueberry Muffin Belly Bear Grahams Milk	WG Apple Turnover Fresh Fruit Choice Nurtrigrain Bar Milk	Breakfast Kits (Includes 2 Grains & 100% Juice) Milk
11	12	13	14	15
Blue Raz Juice Bagel w/Cream Cheese Craisins Milk	WG Choc Chip or lemon Mini Loaf Clementines Fruity Yogurt Milk	Citrus Blast Muffin Top (Blueberry or Banana) Betty Crocker Bar Milk	Diced Pears Croissant & Butter or Jelly Goldfish Grahams Milk	Breakfast Kits (Includes 2 Grains & 100% Juice) Milk
18	19	20	21	22
Apple Slices Nutri Grain Bar Sport Bite Grahams Milk	100% Punch Juice Assorted Grahams Coco-Cherry Bar Milk	Berry Applesauce Cup Fruity Yogurt Pumpkin Bread Slice Milk	2 HOUR DELAY - ALL STUDENTS Breakfast Kits (Includes 2 Grains & 100% Juice) Milk	INSERVICE DAY NO SCHOOL
25	26	27	28	29
Apple Juice Cherry Frudel Blueberry Muffin Top Milk	Punch Juice Apple Slices Cinnamon Roll Yogurt Milk	Grape Juice Fruity Muffin Hard Cooked Egg Milk	Citrus Blast Applesauce Cup - Peach or Cinnamon Bagel w/Cream Cheese Milk	Breakfast Kits (Includes 2 Grains & 100% Juice) Milk