

BREAKFAST MENU

Peekskill Elementary Breakfast Menu

BREAKFAST PRICES

Type A Breakfast \$1.10
 Reduced Breakfast \$0.25
 Milk/Chocolate Milk \$0.35
 100% Juice 4 oz \$0.35

PREPAID BREAKFASTS

AVAILABLE

10 Breakfasts= \$11.00
 20 Breakfasts= \$22.00
 30 Breakfasts= \$33.00
 40 Breakfasts= \$44.00

ALL STUDENT BREAKFAST

INCLUDES

1% Milk, Skim White or Skim
 Chocolate Milk & 100% Juice or
 Fresh Fruit

AVAILABLE DAILY

Whole Grain Bagel w/ Low Fat
 Cream Cheese
 Low Sugar or Sugar Free Cereal

**If you have a food allergy, please speak to the Director or Lead Server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director*

at 914-737-0201 Ext 322

WE PURCHASE LOCAL!

Produce is purchased through regional suppliers when seasonally available. Visit www.Whitsons.com to see all that we are doing to help save the environment!

USDA is an equal

opportunity provider
 and employer


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Egg Patty w/ American Cheese on a Whole Wheat Roll Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	2 Whole Wheat Waffles w/ Syrup Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk
5 Low Sugar Cereal Choices Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	6 (P) Ham and American Cheese On a Whole Wheat Bagel Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	7 Egg Patty w/ American Cheese on a Whole Wheat Roll Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	8 Low Fat Vanilla Yogurt w/ Peaches and Granola Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	9 Whole Wheat Blueberry Muffin Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk
12 Oatmeal With Cinnamon Or Whole Wheat Bagel W/ Cream Cheese Juice or Fruit Choice of Milk	13 Whole Wheat Blueberry Muffin Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	14 Low Fat Vanilla Yogurt w/ Peaches and Granola Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	15 Egg Patty w/ American Cheese on a Whole Wheat Roll Or Whole Wheat Bagel w/ Cream Cheese Juice or Banana Choice of Milk	16 Whole Wheat Blueberry Muffin Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Mil
19 Whole Wheat French Toast w/ Syrup Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	20 Egg Patty w/ American Cheese on a Whole Wheat Roll Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	21 Whole Wheat Banana Muffin Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	22 Low Fat Vanilla Yogurt w/ Peaches and Granola Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	23 Whole Wheat Waffles w/ Syrup Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk
26 Whole Wheat French Toast w/ Syrup Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	27 Egg Patty W/ American Cheese On a Whole Wheat Bun Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit	28 Low Fat Vanilla Yogurt w/ Peaches and Granola Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	29 Whole Wheat Apple Cinnamon Muffin Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk	30 Whole Wheat French Toast w/ Syrup Or Whole Wheat Bagel w/ Cream Cheese Juice or Fruit Choice of Milk

DID YOU KNOW? Milk & Chicken products are hormone & antibiotic free - All dressings are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, panini bread, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Fish sticks have whole grain breading - Flavored milk contains no HFCS

MAY 2014

