

SALEM CENTRAL CAFETERIA

OCTOBER 2018 BREAKFAST-

Menu subject to change without notice.

Milk Choices:
White: 1% & skim
Chocolate: Non fat
MILK AVAILABLE

Student Prices:	Daily	Weekly
Full Pay:		
K-6	\$1.25	\$12.50
7-12	\$1.25	\$12.50
Reduced Milk	\$.25	\$1.25
	\$.55	\$2.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bagel w/ cream cheese Assorted cereal W/G Toast Assorted fruit JUICE/Milk	2 ASSORTED MUFFIN ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	3 FRENCH TOAST ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	4 MINI CINNI ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	5 SCRAMBLED EGGS W/G TOAST ASSORTED CEREAL ASSORTED FRUIT JUICE/MILK
8 NO School COLUMBUS DAY	9 FRENCH TOAST BITES ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	10 BREAKFAST PIZZA ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	11 CHERRY FRUDEL ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	12 SCRAMBLED EGGS W/G TOAST ASSORTED CEREAL ASSORTED FRUIT JUICE/MILK
15 BAGEL W/ CREAM CHEESE ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	16 ASSORTED MUFFIN ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	17 BREAKFAST SANDWICH ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	18 WAFFLE W/ SYRUP ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	19 SCRAMBLED EGGS W/G TOAST ASSORTED CEREAL ASSORTED FRUIT JUICE/MILK
22 BAGEL W/ CREAM CHEESE ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	23 BREAKFAST BURRITO ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	24 FRENCH TOAST ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	25 BREAKFAST PIZZA W/G TOAST ASSORTED CEREAL ASSORTED FRUIT JUICE/MILK	26 SCRAMBLED EGGS W/G TOAST ASSORTED CEREAL ASSORTED FRUIT JUICE/MILK
29 BAGEL W/ CREAM CHEESE ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	30 BREAKFAST SANDWICH ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK	31 ASSORTED MUFFIN ASSORTED CEREAL W/G TOAST ASSORTED FRUIT JUICE/MILK		

Hot Entrée listed
OR
Cereal
Yogurt

Cheese stick

To qualify for a student priced meal Students must take a minimum of 3 items offered with one being a fruit. Each day the items offered are grains, milk, and fruit. We encourage the students to take all that is offered to make up a filling and nutritious meal that meets the minimum nutrition standards to learn.

DID YOU KNOW:
Children who eat breakfast are more likely to perform better on test scores, focus on school work, interact better with their peers, and make fewer visits to the nurse.
If you receive snap your child can eat School breakfast and lunch..for free. The Nutritional Outreach Program can provide you with a confidential prescreening to find out if you maybe eligible for snap.

