

**MONTVILLE PUBLIC SCHOOLS
HIGH SCHOOL MENU
SEPTEMBER 2018**

BREAKFAST, THE MOST IMPORTANT MEAL OF THE DAY
OUR SCHOOL OFFERS DELICIOUS BREAKFAST ITEMS DAILY, COME ON IN

Monday

Tuesday

Wednesday

Thursday

Friday

3

BLUEBERRY MINI WAFFLES
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

4

WHOLE GRAIN CEREAL
NON-FAT YOGURT
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

5

WG CINNAMON ROLL
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

6

SAUSAGE, EGG & CHEESE SLIDER
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

7

10

WG BLUEBERRY MUFFIN
NON-FAT YOGURT
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

11

WHOLE GRAIN CEREAL
NON-FAT YOGURT
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

12

HAM, EGG & CHEESE ON ENGLISH MUFFIN
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

13

WG CHOC CHIP FRENCH TOAST
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

14

WG MIXED BERRY BREAD
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

17

WG BANANA NUT MUFFIN
NON-FAT YOGURT
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

18

WG MIXED BERRY BREAD
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

19

WG WAFFLE
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

20

WHOLE GRAIN CEREAL
NON-FAT YOGURT
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

21

SAUSAGE, EGG, CHEESE
On a WG ENGLISH MUFFIN
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

24

WG DOUBLE CHOC MUFFIN
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

25

APPLE STRUDEL
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

26

CHICKEN SAUSAGE, EGG & CHEESE
ON WG CROISSANT
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

27

WG MINI FRENCH TOAST STICKS
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

28

WHOLE GRAIN CEREAL
NON-FAT YOGURT
ASSORTED FRUIT
100% FRUIT JUICE
LOW FAT – FAT FREE MILK

FULL PRICE \$1.75
REDUCED PRICE \$.30

MENUS SUBJECT TO CHANGE

Carol Dodson Food Service Director,
cdodson@montvilleschools.org

ALL MEALS INCLUDE 1 CUP OF FRUIT
100% FRUIT JUICE OFFERED DAILY

TO PAY ON LINE: WWW.MYPAYMENTSPLUS.COM

