

**HEMPSTEAD FOOD SERVICE**  
**ELEMENTARY "BAG N GO" BREAKFAST MENU**  
**OCTOBER 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE	4 4oz APPLE JUICE BAGEL W/AMERICAN CHEESE LOW FAT MILK CHOICE	5 4oz PINEAPPLE JUICE 2.25oz MUFFIN LOW FAT MILK CHOICE	6 4oz GRAPE JUICE 4oz FRUIT YOGURT GRAHAM CRACKERS LOW FAT MILK CHOICE	7 4oz APPLE JUICE ASSORTED CEREAL BREADSTICKS LOW FAT MILK CHOICE
10 <b><u>SCHOOLS CLOSED</u></b>	11 4oz APPLE JUICE BAGEL W/AMERICAN CHEESE LOW FAT MILK CHOICE	12 4oz PINEAPPLE JUICE 2.25oz MUFFIN LOW FAT MILK CHOICE	13 4oz GRAPE JUICE 4oz FRUIT YOGURT GRAHAM CRACKERS LOW FAT MILK CHOICE	14 4oz APPLE JUICE ASSORTED CEREAL BREADSTICKS LOW FAT MILK CHOICE
17 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE	18 4oz APPLE JUICE BAGEL W/AMERICAN CHEESE LOW FAT MILK CHOICE	19 4oz PINEAPPLE JUICE 2.25oz MUFFIN LOW FAT MILK CHOICE	20 4oz GRAPE JUICE 4oz FRUIT YOGURT GRAHAM CRACKERS LOW FAT MILK CHOICE	21 4oz APPLE JUICE ASSORTED CEREAL BREADSTICKS LOW FAT MILK CHOICE
24 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE	25 4oz APPLE JUICE BAGEL W/AMERICAN CHEESE LOW FAT MILK CHOICE	26 4oz PINEAPPLE JUICE 2.25oz MUFFIN LOW FAT MILK CHOICE	27 4oz GRAPE JUICE 4oz FRUIT YOGURT GRAHAM CRACKERS LOW FAT MILK CHOICE	28 4oz APPLE JUICE ASSORTED CEREAL BREADSTICKS LOW FAT MILK CHOICE
31 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE	<u>MILK CHOICES</u> <u>AVAILABLE DAILY</u> WHITE- SKIM -1% - LOW FAT CHOCOLATE \$.50 A LA CARTE MILK			

**ELEMENTARY BREAKFAST PRICES:**  
**\$0.25 REDUCED**  
**\$1.00 FULL**

**\*\*Menu Subject to Change\*\***