

HEMPSTEAD FOOD SERVICE
ELEMENTARY "BAG N GO" BREAKFAST MENU
MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE	2 4oz APPLE JUICE BAGEL W/AMERICAN CHEESE LOW FAT MILK CHOICE	3 4oz APPLE JUICE 2.25oz MUFFIN MILK CHOICE	4 4oz GRAPE JUICE 4oz FRUIT YOGURT GRAHAM CRACKERS LOW FAT MILK CHOICE	5 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE
8 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE	9 4oz APPLE JUICE BAGEL W/AMERICAN CHEESE LOW FAT MILK CHOICE	10 4oz APPLE JUICE 2.25oz MUFFIN LOW FAT MILK CHOICE	11 4oz GRAPE JUICE 4oz FRUIT YOGURT GRAHAM CRACKERS LOW FAT MILK CHOICE	12 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE
15 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE	16 4oz APPLE JUICE BAGEL W/AMERICAN CHEESE LOW FAT MILK CHOICE	17 4oz APPLE JUICE 2.25oz MUFFIN LOW FAT MILK CHOICE	18 4oz GRAPE JUICE 4oz FRUIT YOGURT GRAHAM CRACKERS LOW FAT MILK CHOICE	19 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE
22 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE	23 4oz APPLE JUICE BAGEL W/AMERICAN CHEESE LOW FAT MILK CHOICE	24 4oz APPLE JUICE 2.25oz MUFFIN LOW FAT MILK CHOICE	25 4oz GRAPE JUICE 4oz FRUIT YOGURT GRAHAM CRACKERS LOW FAT MILK CHOICE	26 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE
29 4oz ORANGE JUICE ASSORTED CEREAL GRAHAM CRACKERS LOW FAT MILK CHOICE	30 4oz APPLE JUICE BAGEL W/AMERICAN CHEESE LOW FAT MILK CHOICE	31 AVAILABLE DAILY AS A FRUIT CHOICE ALTERNATIVE: 4oz APPLE JUICE, OR 4oz. ORANGE JUICE		<u>MILK CHOICES</u> <u>AVAILABLE DAILY</u> WHITE CHOICES – SKIM - 1% - LOW FAT CHOCOLATE \$.50 A LA CARTE MILK

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

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