




Stamford Middle School Breakfast Menu September 2010

September

Student breakfast \$1.35 Reduced price \$0.30
CHOICE OF SKIM OR LOW FAT MILK IS OFFERED WITH EACH BREAKFAST MEAL

If you have any questions, please call the Director of Dining Services: Ken Wolfe 203-977-4732

Monday	Tuesday	Wednesday	Thursday	Friday
	Welcome Back Students!!!	1	2 Whole Wheat Bagel 🍷 Low fat cream cheese All Natural Low-fat Yogurt Purple Grape Juice Fresh Fruit Selection Low fat Milk Choice	3 Egg and Sausage on Whole Wheat Bun 🍷 100% Orange Juice Fresh Fruit Selection Low fat Milk Choice
6 No School	7  Balanced Choices Meal Whole Grain Cheerios 🍷 Low Fat Strawberry Yogurt, Sliced Peaches in Natural Juice	8 Whole Grain Blueberry Muffin 🍷 All Natural Low-Fat Yogurt 🍏 Fresh Apple Fresh Fruit Selection Low fat Milk Choice	9 No School	10 No School
13 Whole Grain Apple Cinnamon Muffin 🍷 All Natural Vanilla Low-Fat Yogurt Fresh Fruit Selection Low fat Milk Choice	14 Egg and Sausage on Whole Wheat Bun 🍷 100% Fruit Juice Fresh Fruit Selection Low fat Milk Choice	15  Balanced Choices Meal Whole Grain Cheerios 🍷 Low Fat Strawberry Yogurt, Sliced Peaches Low fat Milk Choice	16 Scrambled Eggs, Cheddar Cheese & Warm Sliced Ham Whole Wheat Dinner Roll 🍷 100% Fruit Juice Fresh Fruit Selection Low fat Milk Choice	17 Whole Grain Blueberry Muffin 🍷 All Natural Low-Fat Yogurt 🍏 Fresh Apple Fresh Fruit Selection Low fat Milk Choice
20 Whole Wheat French Toast Stick 🍷 Link Sausages 100% Fruit Juice Fresh Fruit Selection Low fat Milk Choice	21  Breakfast Sausage, Egg & Cheddar 🍷 Whole Wheat Muffin Peaches Fresh Fruit Selection Low fat Milk Choice	22 Cinnamon Raisin Bagel Low fat cream cheese All Natural Low-fat Yogurt Fresh Fruit Selection Low fat Milk Choice	23 Egg and Cheese on Whole Wheat Bun 🍷 100% Orange Juice Fresh Fruit Selection Low fat Milk Choice	24 31 Cinnamon Raisin Bagel Low fat cream cheese All Natural Low-fat Yogurt 🍏 Fresh Crisp Apple Fresh Fruit Selection Low fat Milk Choice
27  Balanced Choices Meal Whole Grain Cheerios 🍷 Low Fat Strawberry Yogurt, Sliced Pineapple in Natural Juice	28  Breakfast Sausage, Egg & Cheddar 🍷 Whole Wheat Muffin Peaches Fresh Fruit Selection Low fat Milk Choice	29 Early Release	30 Scrambled Eggs and Cheddar Cheese Whole Wheat Toast 🍷 100% Fruit Juice Fresh Fruit Selection Low fat Milk Choice	1 Chocolate Chip Muffin String Cheese Stick Made w/Part Skim Milk Apple Juice Fresh Fruit Selection Low fat Milk Choice

ALTERNATE BREAKFASTS AVAILABLE DAILY


Build Your Own Power Combo Breakfast

by choosing fruit or juice AND skim or low fat milk

PLUS

Any TWO of the following (please choose 2 different items):

Cold Cereal Bowl, String Cheese Stick, Whole Grain Crackers, 🍷 Whole Grain or Bagel w/ Choice of Spread, All Natural Lowfat Yogurt Cup, Peeled Hard Boiled Egg

 Our **Balanced Choices Meal** suggestions are packed w/ essential nutrients and sustainable energy to get you through your day and keep you on top of your game. Look for the Balanced Choices icons and signs in the cafeteria that identify the vegetables, fruits, and low fat milk accompaniments to complete your Balanced Choices meal.

- Locally Grown This month's featured local food is APPLES!
- Designates menu item is made w/ whole grains. Make half of your grain choices whole!

ALL of our offerings contain ZERO grams of artificial trans fat per serving.





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