

Stamford Middle School Breakfast Menu March 2010

Student breakfast \$1.25 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
1 Whole Wheat Bagel 🍷 with low fat cream cheese All Natural Vanilla Low- fat Yogurt Purple Grape Juice	2 Egg and Sausage on Whole Wheat Bagel 🍷 100% Pure Fruit Juice	3 Cinnamon Raisin Oatmeal Sausage Peaches Pineapple Juice	4 Whole Grain Apple Cinnamon Muffin 🍷 All Natural Vanilla Low- Fat Yogurt Fresh Pear	5 Egg and Turkey Sausage on Whole Wheat Bun 🍷 Orange Juice
8 Cinnamon Raisin Oatmeal Sausage Peaches Pineapple Juice	9 Egg and Cheese on Whole English Muffins 🍷 100% Pure Fruit Juice	10 Cinnamon Raisin Bagel with low fat cream cheese All Natural Low-fat Yogurt 🍷 Fresh Crisp Apple	11 Whole Grain Blueberry Muffin 🍷 String Cheese Stick Made w/Part Skim Milk Apple Juice	12 🍷 Classic Pancakes House-made Apple topping Petite Banana
15 Whole Grain Apple Cinnamon Muffin 🍷 All Natural Vanilla Low- Fat Yogurt Fresh Fruit	16 Egg and Cheese on Whole Wheat Bun 🍷 100% Fruit Juice	17 Early Release	18 Turkey Breakfast Sausage, Egg & Cheddar on 🍷 Whole Wheat English Muffin Petite Banana	19 🍷 Whole Grain Blueberry Muffin All Natural Strawberry Low-Fat Yogurt 🍷 Fresh Apple
22 Cinnamon Raisin Bagel with low fat cream cheese All Natural Low-fat Yogurt Peaches in Natural Juice	23 Cinnamon Raisin Oatmeal Sausage Peaches Pineapple Juice	24 Turkey Breakfast Sausage, Egg & Cheddar on 🍷 Whole Wheat English Muffin Petite Banana	25 🍷 Whole Grain Apple Cinnamon Muffin All Natural Vanilla Low- fat Yogurt Fresh Cut Orange Wedges	26 Egg and Cheese on Whole Wheat Bun 🍷 Chilled Pineapple
29 Whole Grain Chocolate Chip Muffin 🍷 String Cheese Stick Made w/Part Skim Milk Apple Juice	30 Turkey Breakfast Sausage, Egg & Cheddar on 🍷 Whole Wheat English Muffin 100% Pure Fruit	31 Cinnamon Raisin Bagel with low fat cream cheese All Natural Low-fat Yogurt 🍷 Fresh Crisp Apple	1 Egg, Bacon and Cheese on Whole Wheat Bagel 🍷 100% Pure Fruit Juice	2 🍷 Classic Pancakes House-made Apple topping Fresh Fruit

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.



