

All breads and bagels are fresh daily and whole grain rich.

# October 2018

Harrison CSD – Elementary Schools – Breakfast Menu  
 Harrison Avenue Purchase  
 Parsons Memorial Samuel J. Preston



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b>	Waffle Sticks Served with Warm Fruit Topping Hard Boiled Egg Apple Slices Mixed Fruit Cup	<b>2</b>	Egg & Cheese on A Fresh Whole Grain Bagel Peach Cup Watermelon Chunks	<b>3</b>	Banana Chip Muffin Banana Orange Wedges	<b>4</b>	Egg & Cheese on A Fresh Whole Grain Bagel Peach Cup Pear Cup	<b>5</b>	Chocolate Chip Muffin Banana Orange Wedges
<b>8</b>	<b>Columbus Day No School</b> 	<b>9</b>	Pancakes Served with Warm Fruit Topping Turkey Sausage Orange Wedges Apple Slices	<b>10</b>	Scrambled Eggs With WW Toast Strawberry Cup Berry Cup	<b>11</b>	French Toast Sticks Served With Warm Fruit Topping Mixed Fruit Cup Apple Cup	<b>12</b>	<b>Breakfast Pizza</b> Egg & Sausage on a WG Bagel Apple Sauce Orange Wedges
<b>15</b>	Pancakes Served with Warm Fruit Topping Mixed Fruit Cup Watermelon Chunks	<b>16</b>	Eggs & Cheese On a WW Bagel Hash Browns Melon Cup Berry Cup	<b>17</b>	Waffle Sticks Served with Warm Fruit Topping Hard Boiled Egg Apple Slices Orange Wedges	<b>18</b>	Scrambled Eggs W/Sautéed Peppers & Onion WWW Toast Peach Cup Pear Cup	<b>19</b>	Cinnamon Spice Muffin Banana Orange Wedges
<b>22</b>	Pancakes Served with Warm Fruit Topping Turkey Sausage Orange Wedges Apple Slices	<b>23</b>	Blueberry muffin Mixed Fruit Cup Melon Cup	<b>24</b>	Egg & Cheese On a wheat roll Strawberry Cup Orange Wedges	<b>25</b>	Pancakes Served with Warm Fruit Topping Mixed Fruit Cup Watermelon Chunks	<b>26</b>	<b>Breakfast Pizza</b> Egg & Sausage on a WG Bagel Apple Sauce Plum
<b>29</b>	French Toast Sticks Served with Warm Fruit Topping Turkey Sausage Mixed Fruit Cup Kiwi	<b>30</b>	Eggs & Cheese On a WW Bagel Hash Browns Melon Cup Pear Cup	<b>31</b>	Blueberry muffin Mixed Fruit Cup Melon Cup	<b>Hormone and Antibiotic-Free Chocolate, 1% OR Skim Milk Offered with all Breakfast Meals!!</b>		<b>If you have any questions or comments, please call the Food Service Department at 914-630-3114 - Julia</b>	

## Special News...

**Student Breakfast**  
**\$1.50 – Daily Menu\***

**Will be served from 8:15AM-8:50AM**

**Breakfast Includes:**  
 Entrée, Fruit, Juice and Choice of 1% White or Fat-Free White or Chocolate Milk.

**AVAILABLE DAILY**  
 Assorted Muffins, Cold Cereals, Assorted Yogurt & Whole Grain Bagels\*\*

**JUICE CHOICES**  
**AVAILABLE DAILY**  
 Orange, Apple, Grape, Pineapple & Fruit Punch (4 oz)

\* Students **Must** Choose **Three of the Four** Food Items Offered at **Breakfast** to Receive the **Special Meal Price** (Note: **One Must Be Fruit**).

\*\*\*The Breakfast Fare is Prepared with Little or No Added Fat, Sugar or Salt.\*\*\*

Menus are subject to change without notice.

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.

*This institution is an equal opportunity provider and employer.*

