


ERIE SCHOOL DISTRICT BREAKFAST MENU

*Middle and High School
August/September 2009*

	Mon	Tue	Wed	Thu	Fri	
	31 Choice of Cereal Fresh Milk Cereal Bar Apple Juice	1 Choice of Cereal Fresh Milk Cinnamon Graham Bears Orange Juice	2 Choice of Cereal Fresh Milk Bagel w/ Cream Cheese Apple Juice	3 Choice of Cereal Fresh Milk Apple Blossom Muffin Blueberry Pi Juice	4 No School!	
Breakfast Prices: Paid: \$0.70 Reduced: \$0.30 Adult: Ala Carte	7 Labor Day No School!	8 Choice of Cereal Fresh Milk Blueberry Mini Loaf Orange Juice	9 Choice of Cereal Fresh Milk Yogurt Apple Juice	10 Choice of Cereal Fresh Milk Banana Mini Loaf Blueberry Pi Juice	11 Choice of Cereal Fresh Milk Blueberry Muffin Apple Juice	
<u>Milk Choices Include:</u> 1% White White Whole Skim	14 Choice of Cereal Fresh Milk Graham Crackers Apple Juice	15 Choice of Cereal Fresh Milk Cereal Bar Orange Juice	16 Choice of Cereal Fresh Milk Apple Cinnamon Mini Loaf Apple Juice	17 Choice of Cereal Fresh Milk Cinnamon Graham Bears Blueberry Pi Juice	18 Choice of Cereal Fresh Milk Blueberry Mini Loaf Apple Juice	
Please choose at least 3 of the 4 items for the school breakfast price. Choice of 2 bread items, fruit juice and milk.	21 Choice of Cereal Fresh Milk Graham Crackers Apple Juice	22 Choice of Cereal Fresh Milk Apple Blossom Muffin Orange Juice	23 Choice of Cereal Fresh Milk Yogurt Apple Juice	24 Choice of Cereal Fresh Milk Bagel w/ Cream Cheese Blueberry Pi Juice	25 Choice of Cereal Fresh Milk Banana Mini Loaf Apple Juice	
	28 Choice of Cereal Fresh Milk Cereal Bar Apple Juice	29 Choice of Cereal Fresh Milk Cinnamon Graham Bears Orange Juice	30 Choice of Cereal Fresh Milk Blueberry Mini Loaf Apple Juice			
<u>Food Service Director</u> <i>Jim Twerdok</i> <u>Registered Dietitian</u> <i>Jean Ager</i>				<i>"Breakfast is the most important meal of the day!"</i>	ENJOY A GOOD NUTRITIOUS BREAK- FAST!	