



# October 2024

## HIGH SCHOOL

### BREAKFAST MENU

MON	TUES	WED	THURS	FRI
30 Trix WG French Toast	1 WG Blueberry Breakfast bread	2 WG Cinnamon Toast Breakfast Pastry	3 School Closed	4 School Closed
7 WG Blueberry waffle	8 WG Eggo Waffle	9 WG Maple Madness Waffle	10 WG Banana Breakfast Bread	11 WG French Toast Sticks
14 WG French Toast Benefit Bar	15 WG Egg and Cheese Bagel Melt	16 WG Blueberry Breakfast bread	17 WG Cinnamon Toast Crunch Breakfast Pastry	18 WG Turkey Maple Pancake Wrap
21 WG Apple Frudel	22 WG Mini Confetti pancakes	23 WG French Toast Sticks	24 Cherry Frudel	25 WG Apple Cinnamon Muffn
28 WG Cinnamon Toast Crunch Pocket	29 WG Maple Madness Waffle	30 Mini Confetti Pancakes	31 Egg and Cheese Omelet	Meal Applications can be filled out anytime during the school year visit <a href="http://www.Chclc.org">www. Chclc.org</a>  Breakfast \$2.10 Lunch \$3.35

#### Daily Options:

- Assorted WG Cereals
- Assorted WG Pop Tarts
- Low fat Yogurt
- Breakfast Sandwich on WG Bagel:
  - Egg & Cheese
  - Egg, Chicken Sausage & Cheese
- Fresh Fruit and Juice

**\* Menus are subject to change**

WG = Whole Grain

Please advise your school nurse of any Food Allergies

For any questions or concerns, contact the Aramark Food Service office at 856-424-2316



This menu ensures students receive a balanced meal from all the major food groups: Dairy, Grain, Fruit, Vegetables, and Protein. It offers a variety of high-quality ingredients and flavors, eliminates added trans fats, and limits sodium. The menu also features brand-name foods that are specifically formulated for k-12 student nutrition, including whole grain rich bread and grain products for added fiber and other essential nutrients.