



November 2024

East Rockaway Jr Sr High School Breakfast Menu

MON	TUES	WED	THURS	FRI
				Mini WG Cinnamon Bun ¹
SCHOOLS CLOSED ⁴	ELECTION DAY SCHOOLS CLOSED ⁵	WG Cinnamon Donut ⁶	Chicken Sausage, Egg & Cheese on a WG Kaiser Roll ⁷	Assorted WG Muffins with RF String Cheese ⁸
VETERANS'S DAY SCHOOLS CLOSED ¹¹	Mini WG Confetti Pancakes with Syrup ¹²	Assorted WG Muffins with RF String Cheese ¹³	Chicken Sausage, Egg & Cheese on a WG Kaiser Roll ¹⁴	Mini WG Waffles with Syrup ¹⁵
Bacon(P), Egg & Cheese Burrito on a WG Tortilla ¹⁸	Assorted WG Muffins With RF String Cheese ¹⁹	Mini WG French Toast with Syrup ²⁰	Chicken Sausage, Egg & Cheese on a WG Kaiser Roll ²¹	Mini WG Cinnamon Bun ²²
Bacon(P), Egg & Cheese Burrito on a WG Tortilla ²⁵	WG Cinnamon Donut ²⁶	THANKSGIVING RECESS SCHOOLS CLOSED ²⁷	THANKSGIVING DAY SCHOOLS CLOSED ²⁸	THANKSGIVING RECESS SCHOOLS CLOSED ²⁹

Daily Offerings:

- Fruit Smoothies with WG Graham Crackers
- Yogurt Parfait with Fruit & Granola
- Fresh Baked Chocolate Chip Muffin Tops
- Egg & Cheese on a WG Kaiser Roll
- WG Bagel with Butter or Cream Cheese
- Assorted WG Reduced Sugar Cereal
- WG Breakfast Bars

Powering potential.™

Please visit EastRockawaySchoolDish.com to view ingredients and nutritional information.

Available Daily:

- Assorted Fruits: Apples, Oranges, Fruit Cups
- Assorted 100% Juice: Orange, Apple, Tropical Punch
- Assorted Milk: 1% White, Fat-Free Chocolate
- WG Denotes items that are Whole Grain
- RF Denotes items that are Reduced Fat
- (P) Denotes items that may contain Pork

Breakfast Price: \$1.25
Adult Breakfast Price: \$2.78 + tax

All Breakfast Must Include Choice of Fruit/Fruit Juice

And May Include 1% Low-Fat Milk



This institution is an equal opportunity provider

Menus are subject to change

