






SEPTEMBER 2019

ROCKAWAY BOROUGH Breakfast Menu



POMPTONIAN
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>HAPPY LABOR DAY</p>	<p>3</p> <p>French Toast Sticks w/ Syrup Fresh Fruit Choice of Milk</p> 	<p>4</p> <p>Sausage, Egg & Cheese Sandwich Apple Juice Choice of Milk</p>	<p>5</p> <p>Pancakes w/ Syrup Fresh Fruit Choice of Milk</p>	<p>6</p> <p>Breakfast Wrap w/ Egg & Cheese Fresh Fruit Choice of Milk</p>
<p>9</p> <p>Pancakes w/ Syrup Fresh Fruit Choice of Milk</p>	<p>10</p> <p>Sausage, Egg & Cheese Sandwich on a Kaiser Roll Apple Juice Choice of Milk</p>	<p>11</p> <p>Waffles w/ Syrup Sausage Links Orange Juice Choice of Milk</p>	<p>12</p> <p>French Toast Sticks w/ Syrup & Bacon Fresh Fruit Choice of Milk</p>	<p>13</p> <p>Ham & Egg Sandwich on a Kaiser Roll Fresh Fruit Choice of Milk</p>
<p>16</p> <p>Egg & Cheese Sandwich Fresh Fruit Choice of Milk</p>	<p>17</p> <p>Waffles w/ Syrup Sausage Links Orange Juice Choice of Milk</p>	<p>18</p> <p>Ham, Egg & Cheese on a Bun Fruit Juice Choice of Milk</p>	<p>19</p> <p>Sausage, Egg & Cheese Sandwich Apple Juice Choice of Milk</p>	<p>20</p> <p>Pancakes w/ Syrup Orange Juice Choice of Milk</p> 
<p>23</p> <p>Sausage & Egg Sandwich Apple Juice Choice of Milk</p>	<p>24</p> <p>Ham, Egg & Cheese Sandwich Fresh Fruit Choice of Milk</p>	<p>25</p> <p>French Toast Sticks w/ Syrup Orange Juice Choice of Milk</p>	<p>26</p> <p>Breakfast Wrap w/ Egg & Cheese Fresh Fruit Choice of Milk</p>	<p>27</p> <p>Waffles w/ Syrup Sausage Links Orange Juice Choice of Milk</p>
<p>30</p> <p>Pancakes w/ Syrup Orange Juice Choice of Milk</p>				

Alternate Breakfast available daily:

Cereal, Whole Wheat Bread w/ Jelly, Pure Fruit Juice & Choice of Milk
Bagel w/ Cream Cheese, Fresh Fruit & Choice of Milk

Choice of Milk offered w/ Breakfast: 1% Low-Fat, Non-Fat Chocolate, or Skim



**Locally Grown
Fruit of the Month**



At least 50% of All Grains served w/ your meal are Whole Grain Rich



"This institution is an equal opportunity provider."