



OCTOBER 2019

ROCKAWAY BOROUGH Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 French Toast Sticks w/ Syrup Fresh Fruit Choice of Milk 	2 Sausage, Egg & Cheese Sandwich Apple Juice Choice of Milk	3 Pancakes w/ Syrup Fresh Fruit Choice of Milk	4 Breakfast Wrap w/ Egg & Cheese Fresh Fruit Choice of Milk
<div style="border: 1px solid blue; padding: 2px; display: inline-block;"> Sea Otter Awareness Week  </div>				
7 Pancakes w/ Syrup Fresh Fruit Choice of Milk	8 Sausage, Egg & Cheese Sandwich on a Whole Wheat Bun Apple Juice Choice of Milk	9 Waffles w/ Syrup Sausage Links Orange Juice Choice of Milk	10 French Toast Sticks w/ Syrup & Bacon Fresh Fruit Choice of Milk	11 Ham & Egg Sandwich on a Whole Wheat Bun Fresh Fruit Choice of Milk
14 COLUMBUS DAY NO SCHOOL	15 Waffles w/ Syrup Sausage Links Orange Juice Choice of Milk	16 Ham, Egg & Cheese on a Bun Fruit Juice Choice of Milk	17 Sausage, Egg & Cheese Sandwich Apple Juice Choice of Milk	18 Pancakes w/ Syrup Orange Juice Choice of Milk 
21 Sausage & Egg Sandwich Apple Juice Choice of Milk	22 Ham, Egg & Cheese Sandwich Fresh Fruit Choice of Milk	23 French Toast Sticks w/ Syrup Orange Juice Choice of Milk	24 Breakfast Wrap w/ Egg & Cheese Fresh Fruit Choice of Milk	25 Waffles w/ Syrup Sausage Links Orange Juice Choice of Milk
28 Pancakes w/ Syrup Orange Juice Choice of Milk	29 Waffles w/ Syrup Sausage Links Orange Juice Choice of Milk 	30 Egg & Cheese Sandwich on Whole Wheat Bread Fresh Fruit Choice of Milk	31 Halloween French Toast Sticks w/ Syrup Fresh Fruit Choice of Milk	

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 Honeycrisp Apples



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

"This institution is an equal opportunity provider."

