

### Pricing:

All students are eligible for  
**ONE FREE** breakfast per day.

# MENU

## K-5 BREAKFAST

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**OCTOBER**  
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		<b>Assorted Cereal</b> 1 Whole Grain Grahams Fruit, 100% Juice Choice of Milk	<b>No School</b> 2 Yom Kippur	<b>Assorted Cereal</b> 3 Whole Grain Grahams Fruit, 100% Juice Choice of Milk
<b>Assorted Cereal</b> 6 Whole Grain Grahams Fruit, 100% Juice Choice of Milk	<b>Super Bakery Bread</b> 7 Fruit, 100% Juice Choice of Milk	<b>Assorted Cereal</b> 8 Whole Grain Grahams Fruit, 100% Juice Choice of Milk	<b>Waffles</b> 9 Fruit, 100% Juice Choice of Milk	<b>Assorted Cereal</b> 10 Whole Grain Grahams Fruit, 100% Juice Choice of Milk
<b>No School</b> 13 Columbus/Indigenous Peoples Day	<b>Super Bakery Bread</b> 14 Fruit, 100% Juice Choice of Milk	<b>Assorted Cereal</b> 15 Whole Grain Grahams Fruit, 100% Juice Choice of Milk	<b>Waffles</b> 16 Fruit, 100% Juice Choice of Milk	<b>Assorted Cereal</b> 17 Whole Grain Grahams Fruit, 100% Juice Choice of Milk
<b>No School</b> 20 Conference Day	<b>Super Bakery Bread</b> 21 Fruit, 100% Juice Choice of Milk	<b>Assorted Cereal</b> 22 Whole Grain Grahams Fruit, 100% Juice Choice of Milk	<b>Waffles</b> 23 Fruit, 100% Juice Choice of Milk	<b>Assorted Cereal</b> 24 Whole Grain Grahams Fruit, 100% Juice Choice of Milk
<b>Assorted Cereal</b> 27 Whole Grain Grahams Fruit, 100% Juice Choice of Milk	<b>Super Bakery Bread</b> 28 Fruit, 100% Juice Choice of Milk	<b>Assorted Cereal</b> 29 Whole Grain Grahams Fruit, 100% Juice Choice of Milk	<b>Waffles</b> 30 Fruit, 100% Juice Choice of Milk	<b>Assorted Cereal</b> 31 Whole Grain Grahams Fruit, 100% Juice Choice of Milk

### View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.  
Notice is posted when available.

**All breakfast meals include a variety of fresh fruit, 100% juice, and low-fat white or flavored milk.**

**BC** BETHLEHEM  
CENTRAL

In collaboration with  
**CAPITAL REGION**  
**BOCES**  
SHARED FOOD SERVICE PROGRAM

