

### Pricing:

All students are eligible for **ONE FREE breakfast** per day.  
A la carte & second meals cost money.

# MENU

## K-5 BREAKFAST

////////////////////  
**SEPTEMBER**  
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|                                                                                                   |                                                                     |                                                                          |                                                                        |                                                                                                   |
|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
|                                                                                                   |                                                                     | 2                                                                        | 3                                                                      | 4                                                                                                 |
| <b>Labor Day<br/>No School</b> 7                                                                  | Super Bakery Bread 8<br>100% Fruit Juice & Fruit<br>Choice of Milk  | Soft-Bake Breakfast Bar 9<br>100% Fruit Juice & Fruit<br>Choice of Milk  | Bagel w/ Cream Cheese 10<br>100% Fruit Juice & Fruit<br>Choice of Milk | Assorted Breakfast Cereal 1<br>Whole Grain Grahams<br>100% Fruit Juice & Fruit<br>Choice of Milk  |
| Assorted Breakfast Cereal 14<br>Whole Grain Grahams<br>100% Fruit Juice & Fruit<br>Choice of Milk | Super Bakery Bread 15<br>100% Fruit Juice & Fruit<br>Choice of Milk | Soft-Bake Breakfast Bar 16<br>100% Fruit Juice & Fruit<br>Choice of Milk | Bagel w/ Cream Cheese 17<br>100% Fruit Juice & Fruit<br>Choice of Milk | Assorted Breakfast Cereal 18<br>Whole Grain Grahams<br>100% Fruit Juice & Fruit<br>Choice of Milk |
| <b>Yom Kippur<br/>No School</b> 21                                                                | Super Bakery Bread 22<br>100% Fruit Juice & Fruit<br>Choice of Milk | Soft-Bake Breakfast Bar 23<br>100% Fruit Juice & Fruit<br>Choice of Milk | Bagel w/ Cream Cheese 24<br>100% Fruit Juice & Fruit<br>Choice of Milk | Assorted Breakfast Cereal 25<br>Whole Grain Grahams<br>100% Fruit Juice & Fruit<br>Choice of Milk |
| Assorted Breakfast Cereal 28<br>Whole Grain Grahams<br>100% Fruit Juice & Fruit<br>Choice of Milk | Super Bakery Bread 29<br>100% Fruit Juice & Fruit<br>Choice of Milk | Soft-Bake Breakfast Bar 30                                               |                                                                        |                                                                                                   |

### 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 fresh fruit, 100% fruit juice, and low-fat white or flavored milk.**

**BC** BETHLEHEM CENTRAL

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



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