

BURLINGTON SCHOOL FOOD PROJECT

Elementary & Middle School Breakfast Menu - October 2019

Available at: C.P. Smith, J.J. Flynn, Champlain, The Sustainability Academy,
Integrated Arts Academy, Edmunds, Hunt, and Baird

For more information, please contact us at (802) 864-8415 or schoolfood@bsdvt.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Sep 30</p> <p align="center">WG Fruit Bread (Berry, Banana, Zucchini) Fruit Selection Fresh Fruit</p>	<p align="center">Oct 1</p> <p align="center">Cereal & Milk String Cheese Fruit Selection Fresh Fruit</p>	<p align="center">Oct 2</p> <p align="center">Apple or Blueberry Muffin Apple or Blueberry Fruit Selection Fresh Fruit</p>	<p align="center">Oct 3</p> <p align="center">Yogurt & Graham Crackers Fruit Selection Fresh Fruit</p>	<p align="center">Oct 4</p> <p align="center">Bagel w/ Cream Cheese Fruit Selection</p>
<p align="center">Oct 7</p> <p align="center">WG Fruit Bread (Berry, Banana, Zucchini) Fruit Selection Fresh Fruit</p>	<p align="center">Oct 8</p> <p align="center">Cereal & Milk String Cheese Fruit Selection Fresh Fruit</p>	<p align="center">Oct 9</p> <p align="center">Apple or Blueberry Muffin Apple or Blueberry Fruit Selection Fresh Fruit</p>	<p align="center">Oct 10</p> <p align="center">Yogurt & Graham Crackers Fruit Selection Fresh Fruit</p>	<p align="center">Oct 11</p> <p align="center">Bagel w/ Cream Cheese Fruit Selection</p>
<p align="center">Oct 14</p> <p align="center">WG Fruit Bread (Berry, Banana, Zucchini) Fruit Selection Fresh Fruit</p>	<p align="center">Oct 15</p> <p align="center">Cereal & Milk String Cheese Fruit Selection Fresh Fruit</p>	<p align="center">Oct 16</p> <p align="center">Apple or Blueberry Muffin Apple or Blueberry Fruit Selection Fresh Fruit</p>	<p align="center">Oct 17</p> <p align="center">Yogurt & Graham Crackers Fruit Selection Fresh Fruit</p>	<p align="center">Oct 18</p> <p align="center">Bagel w/ Cream Cheese Fruit Selection</p>
<p align="center">Oct 21</p> <p align="center">WG Fruit Bread (Berry, Banana, Zucchini) Fruit Selection Fresh Fruit</p>	<p align="center">Oct 22</p> <p align="center">Cereal & Milk String Cheese Fruit Selection Fresh Fruit</p>	<p align="center">Oct 23</p> <p align="center">Apple or Blueberry Muffin Apple or Blueberry Fruit Selection Fresh Fruit</p>	<p align="center">Oct 24</p> <p align="center">Yogurt & Graham Crackers Fruit Selection Fresh Fruit</p>	<p align="center">Oct 25</p> <p align="center">Bagel w/ Cream Cheese Fruit Selection</p>
<p align="center">Oct 28</p> <p align="center">WG Fruit Bread (Berry, Banana, Zucchini) Fruit Selection Fresh Fruit</p>	<p align="center">Oct 29</p> <p align="center">Cereal & Milk String Cheese Fruit Selection Fresh Fruit</p>	<p align="center">Oct 30</p> <p align="center">Apple or Blueberry Muffin Apple or Blueberry Fruit Selection Fresh Fruit</p>	<p align="center">Oct 31</p> <p align="center">Yogurt & Graham Crackers Fruit Selection Fresh Fruit</p>	<p align="center">Nov 1</p> <p align="center">Bagel w/ Cream Cheese Fruit Selection</p>

Menu items are subject to change without notice.

Offered Daily: Fat-Free Flavored, Fat-Free Unflavored, and 1% Unflavored Milk, Daily Salad Bar, & Asst. Fruits!

All grains offered are Whole Grain Rich!

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