







Breakfast Menu

Energize Your Day! Eat School Breakfast



January 2019

Northport-East Northport. UFSD

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Hot Breakfast Bacon, Egg & cheese on a Whole Grain Croissant | Hot Breakfast Bacon, Egg & cheese on a Whole Grain Croissant | Hot Breakfast Bacon, Egg & cheese on a Whole Grain Croissant | Hot Breakfast Bacon, Egg & cheese on a Whole Grain Croissant | Hot Breakfast Bacon, Egg & cheese on a Whole Grain Croissant |
| Continental Breakfast Yogurt & Muffin | Continental Breakfast Whole grain Bagel with Butter or Cream Cheese | Continental Breakfast French Toast Sticks | Continental Breakfast Whole grain Bagel with Butter or Cream Cheese | Continental Breakfast Mini Pancakes |
| Fruit Strawberry Cup Orange juice | Fruit Fruit Cup Orange Juice | Fruit Orange Orange Juice | Fruit Fruit Cup Orange juice | Fruit Banana Orange Juice |
| Milk Choice Non Fat Milk Low Fat Milk Low Fat Chocolate Milk | Milk Choice Non Fat Milk Low Fat milk Low Fat Chocolate Milk | Milk Choice Non Fat Milk Low Fat Milk Low Fat Chocolate Milk | Milk Choice Non Fat Milk Low Fat Milk Low Fat Chocolate Milk | Milk Choice Non Fat Milk Low Fat Milk Low Fat Chocolate Milk |
| Breakfast is to include choice of: Hot or Continental Breakfast as well as a fruit and a milk choice. 1oz grain or meat 1 cup fruit or 1/2 cup fruit 1/2 cup fruit 1 milk |  |  |  |  |

Breakfast Price- \$2.25

Please register at MySchoolBucks.com to make prepayments, check balances and transaction history. Look on our District website under "Lunch Menus" for more details and updates.

Must offer 4 food items and students must select at least 3 items

DAILY A La Carte Items

Yogurt \$1.50

Assorted Cereal With Milk \$1.25

Choice of Granola Bars \$1.00

Assorted Muffins and Breads & Bagels \$2.25

Egg Sandwich on a Roll \$2.25

Assorted Cereal Bars \$1.00

Orange Juice, Apple Juice or Cranberry Juice \$0.90

Tropicana \$2.00

Cream Cheese \$0 .50

Hash Brown \$1.00

We are committed to serving healthy, nutritious meal choices. Our meals emphasize whole grains, fresh fruits and vegetables and *nothing is ever fried*. Full student lunch includes choice of entrée including meat or meat substitute, fruit, vegetable, bread/grain, and choice of low fat milk. Milk choices include fat free white or chocolate or 1% white. **Menu is subject to change.** Questions? Director of Dining Services (631) 262-6647