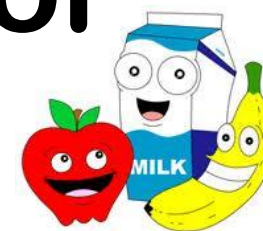
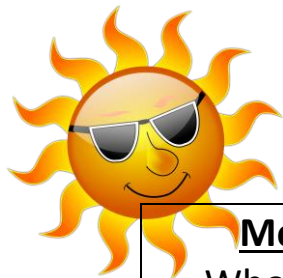


Ferrisburgh Central School

Bright Mornings Breakfast Bag



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u> Breakfast Sandwich	<u>Friday</u>
Whole Grain Baked Good Fresh Fruit Milk Or Whole Grain Cereal Bowl Cheese Stick Fruit	Bagel & Cream Cheese Yogurt 100% Juice Milk Or Whole Grain Cereal Bowl Cheese Stick Fruit	Banana Bread Cheese Stick Fresh Fruit Milk Or Whole Grain Cereal Bowl Cheese Stick Fruit	Egg & Cheese Fresh Fruit Milk Or Whole Grain Cereal Bowl Cheese Stick Fruit	Whole Grain Muffin Fresh Fruit Milk Or Whole Grain Cereal Bowl Cheese Stick Fruit

A healthy school breakfast will always include a fresh fruit or 100% juice along with the grain item, protein (when offered) and a milk.

(menu subject to change)

This institution is an equal opportunity provider.