



# Monkton Central School Bright Mornings Breakfast Menu



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Cinnamon Glazed French Toast Sticks Applesauce Milk	Bagel with Cream Cheese and Jelly Fresh Fruit Milk	Egg Sandwich Ham, Egg & Cheese on English Muffin Fresh Fruit Milk	4 oz. Yogurt Granola Fresh Fruit Milk	Homemade Muffin Fresh Fruit Milk

**Whole grain cold cereal offered every day.**

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

(menu subject to change)

This institution is an equal opportunity provider.