

## Regional School District # 4



John Winthrop Middle School  
&  
Valley Regional High School



### March 2015 Breakfast Menu

BREAKFAST IS AVAILABLE AT ALL SCHOOLS. COME JOIN US FOR THE MOST IMPORTANT MEAL OF THE DAY AND PARTICIPATE IN THE NATIONAL SCHOOL BREAKFAST WEEK FROM MARCH 2 THROUGH MARCH 6

**MONDAY** – French Toast Sticks with Syrup

**TUESDAY** – Breakfast Scramble Flat Bread

**WEDNESDAY** – Sausage, Egg & Cheese on an English Muffin

**THURSDAY** – Warm Pancakes with Assorted Toppings

**FRIDAY** - Egg & Cheese Wrap

#### **Daily Alternatives:**

Cereal with Graham Crackers

Fruit Flavored Muffin

Bagel or English Muffin

with Cream Cheese, Margarine or Jelly

#### **Daily Sides:**

Fresh or Chilled Fruit or Assorted Juices and Skim or 1% Milk  
offered with any breakfast Purchase

Please take at least 1 fruit with every meal !!

**Make** the  
**Grade**  
with SCHOOL BREAKFAST

Fresh 4 School

**Paid Meal Price \$ 1.25**

**Free & Reduced Eligible Students – No Charge**

**Milk \$0.50 each**

1% unflavored or fat free flavored and unflavored milk available daily with breakfast or \$0.50 a la carte.

Our menus follow dietary guidelines for calories, reduced fat, sodium and sugar while increasing whole grains, fruits and vegetables.

100 % of our grains are whole-grain rich.

Menu Subject to change without advance notice. Free & Reduced lunch applications are available in your school's main office.

For suggestions and questions about School Lunch Program please call 860-526-9546 ext. 1420