



OCTOBER | 2017

GEORGE LONG ELEMENTARY Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Assorted Cereal Fruit cup Assorted Fresh Fruit Milk	3 Breakfast Slider Fruit cup Assorted Fresh Fruit Milk	4 WG Mini Blue Berry Pancakes Fruit cup Assorted Fresh Fruit Milk	5 WG Choc Pop Tart Fruit cup Assorted Fresh Fruit Milk	6 WG Mini Chocolate Donuts Fruit cup Assorted Fresh Fruit Milk
9 Mini WG Strawberry Bagel Fruit cup Assorted Fresh Fruit Milk	10 WG Maple Pancakes Fruit cup Assorted Fresh Fruit Milk	11 Benefit Breakfast Bar Fruit cup Assorted Fresh Fruit Milk	12 Pillsbury Cinnamon Mini Pull-Apart Rolls Fruit cup Assorted Fresh Fruit Milk	13 Assorted Cereal Fruit cup Assorted Fresh Fruit Milk
16 WG Cinn Streussel Muffin Fruit cup Assorted Fresh Fruit Milk	17 WG Fruidel Fruit cup Assorted Fresh Fruit Milk	18 Late Start Day No Breakfast	19 Breakfast Pizza Fruit cup Assorted Fresh Fruit Milk	20 WG Pop Tart Fruit cup Assorted Fresh Fruit Milk
23 No School	24 Benefit Breakfast Bar Fruit cup Assorted Fresh Fruit Milk	25 Pancakes, WG Mini, Strawberry Fruit cup Assorted Fresh Fruit Milk	26 WG Chocolate Chip French Toast Fruit cup Assorted Fresh Fruit Milk	27 WG Cinn Streussel Muffin Fruit cup Assorted Fresh Fruit Milk
30 Assorted Cereal Fruit cup Assorted Fresh Fruit Milk	31 Mini WG Strawberry Bagel Fruit cup Assorted Fresh Fruit Milk			

News

No time for breakfast at home?
You can get a nutritious breakfast at the start of school. The cost is \$1.65 or 30 cents for reduced breakfast. The cost may be deducted from the student's lunch account.

Students are required to take at least one serving of fruit but can choose to take up to 2 different servings of fruit with their breakfast.

**COME AND JOIN THE
BREAKFAST CLUB!**

**USDA is an equal
opportunity provider
and employer.**

**If you received free or
reduced benefits last year
You will need to fill out a
new application for this
year.**