



SEPTEMBER | 2017

GEORGE LONG ELEMENTARY Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 No School Labor Day Weekend
4 No School Labor Day Weekend	5 Breakfast Pizza Fruit cup Assorted Fresh Fruit Milk	6 WG Muffin Fruit cup Assorted Fresh Fruit Milk	7 WG Smuckers Waffle Fruit cup Assorted Fresh Fruit Milk	8 Assorted Cereal Fruit cup Assorted Fresh Fruit Milk
11 WG Muffin Fruit cup Assorted Fresh Fruit Milk	12 Pancake on a Stick Fruit cup Assorted Fresh Fruit Milk	13 Assorted Ceereal Fruit cup Assorted Fresh Fruit Milk	14 Breakfast Slider Fruit cup Assorted Fresh Fruit Milk	15 WG Choc Pop Tart Fruit cup Assorted Fresh Fru
18 WG Muffin Fruit cup Assorted Fresh Fruit Milk	19 Breakfast Pizza Fruit cup Assorted Fresh Fruit Milk	20 Benefit Bar Fruit Cup Assorted Fresh Fruit Milk	21 WG Smuckers Waffle Fruit cup Assorted Fresh Fruit Milk	22 Assorted Cereal Fruit cup Assorted Fresh Fruit Milk
25 WG Muffin Fruit cup Assorted Fresh Fruit Milk	26 Pancake on a Stick Fruit cup Assorted Fresh Fruit Milk	27 Benefit Bar Fruit Cup Assorted Fresh Fruit Milk	28 Breakfast Slider Fruit cup Assorted Fresh Fruit Milk	29 WG Choc Pop Tart Fruit cup Assorted Fresh Fru

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.**