



# ESSEX NORTH SHORE

## AGRICULTURAL & TECHNICAL SCHOOL

### Septembre 2022 School Breakfast Menu

*Serving Healthy Meals for Healthy Bodies & Minds*

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

|                           |  |  |  |  |  |
|---------------------------|--|--|--|--|--|
|                           |  | <p>31</p> <p>Waffle</p> <p>Breakfast Potato</p> <p>Yogurt</p> <p>Assorted Fruit</p> <p>Juice</p> <p>Milk</p> | <p>1</p> <p>French Toast Sticks</p> <p>Tater Tots</p> <p>Assorted Fruit</p> <p>Juice/.Yogurt</p> <p>Milk</p> | <p>2</p> <p>No School</p>  | <p><b>Additional Daily Options</b></p> <p>Bagel</p> <p>Fruit &amp; Yogurt Parfaits/Granola</p> |
| <p>5</p> <p>NO School</p> | <p>6</p> <p>Mini-Pancakes</p> <p>Homefries</p> <p>Assorted Fruit</p> <p>Juice/Yogurt</p> <p>Milk</p> | <p>7</p> <p>Breakfast Sandwich</p> <p>Yogurt</p> <p>Assorted Fruit</p> <p>Juice</p> <p>Milk</p>              | <p>8</p> <p>Danish Waffle</p> <p>Tater Tots</p> <p>Yogurt</p> <p>Assorted Fruit</p> <p>Juice</p> <p>Milk</p> | <p>9</p> <p>French Toast Sticks</p> <p>Breakfast Potato</p> <p>Assorted Fruit</p> <p>Juice/.Yogurt</p> <p>Milk</p> |  |



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| <i>Monday</i>   | <i>Tuesday</i>   | <i>Wednesday</i>  | <i>Thursday</i>   | <i>Friday</i>   | <b>Additional Daily Options</b>                                |
|---|--|---|---|---|--|
| <b>12</b><br><b>Mini-Pancakes</b><br><br><b>Assorted Fruit</b><br><br><b>Juice/Yogurt</b><br><br><b>Milk</b>                        | <b>13</b><br><br><b>French Toast Sticks</b><br><br><b>Tater Tots</b><br><br><b>Assorted Fruit</b><br><b>Juice/.Yogurt</b><br><br><b>Milk</b> | <b>14</b><br><br><b>Breakfast Sandwich</b><br><br><b>Yogurt</b><br><b>Assorted Fruit</b><br><b>Juice</b><br><b>Milk</b> | <b>15</b><br><br><b>Danish Waffle</b><br><b>Tater Tots</b><br><b>Yogurt</b><br><b>Assorted Fruit</b><br><br><b>Juice</b><br><br><b>Milk</b> | <b>16</b><br><br><b>Breakfast Sandwich</b><br><br><b>Yogurt</b><br><b>Assorted Fruit</b><br><br><b>Juice</b><br><br><b>Milk</b> | <b>Bagel</b><br><br><b>Fruit &amp; Yogurt Parfaits/Granola</b> |
| <b>19</b><br><b>Scrambled Egg</b><br><b>Tater Tots</b><br><b>Yogurt</b><br><b>Assorted Fruit</b><br><b>Juice</b><br><br><b>Milk</b> | <b>20</b><br><b>Breakfast Sandwich</b><br><b>Yogurt</b><br><b>Assorted Fruit</b><br><b>Juice</b><br><br><b>Milk</b>                          | <b>21</b><br><b>Pancakes</b><br><b>Tri-Taters</b><br><b>Assorted Fruit</b><br><b>Juice/Yogurt</b><br><br><b>Milk</b>    | <b>22</b><br><b>French Toast Sticks</b><br><b>Tri-Taters</b><br><b>Assorted Fruit</b><br><b>Juice/.Yogurt</b><br><br><b>Milk</b>            | <b>23</b><br><b>Breakfast Sandwich</b><br><b>Yogurt</b><br><b>Assorted Fruit</b><br><b>Juice</b><br><br><b>Milk</b>             |  |



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All Meals include Fresh Fruit, Vegetable & Milk

This institution is an equal opportunity provider.

Menu Subject to Change.



Give yourself the goodness of whole grains. Make at least half of the grains you eat whole grains such as bread, tortillas, pasta, and cereals. Whole grains are good for your heart and digestion, and can help you maintain a healthy weight and good overall health.



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| <i>Monday</i>              | <i>Tuesday</i>        | <i>Wednesday</i>      | <i>Thursday</i>           | <i>Friday</i>         |
|----------------------------|-----------------------|-----------------------|---------------------------|-----------------------|
| 26                         | 27                    | 28                    | 29                        | 30                    |
| <b>French Toast Sticks</b> | <b>Pancakes</b>       | <b>Danish Waffle</b>  | <b>Breakfast Sandwich</b> | <b>Mini-Pancakes</b>  |
| <b>Tri-Taters</b>          | <b>Assorted Fruit</b> | <b>Tater Tots</b>     | <b>Yogurt</b>             | <b>Hash Browns</b>    |
| <b>Assorted Fruit</b>      | <b>Juice/Yogurt</b>   | <b>Yogurt</b>         | <b>Assorted Fruit</b>     | <b>Assorted Fruit</b> |
| <b>Juice/Yogurt</b>        | <b>Milk</b>           | <b>Assorted Fruit</b> | <b>Juice</b>              | <b>Juice/Yogurt</b>   |
| <b>Milk</b>                |                       | <b>Juice</b>          | <b>Milk</b>               | <b>Milk</b>           |
|                            |                       | <b>Milk</b>           |                           |                       |



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