





ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

January 2023 School Breakfast Menu

Serving Healthy Meals for Healthy Bodies & Minds

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	
<p>09 Scrambled Egg Cereal Yogurt Assorted Fruit Juice Milk</p>	<p>10 French Toast Sticks Tater Tots Assorted Fruit Juice/Yogurt Milk</p>	<p>11 Breakfast Sandwich Cereal Yogurt Assorted Fruit</p>	<p>12 Danish Waffle Tater Tots Yogurt Assorted Fruit Juice Milk</p>	<p>13 Breakfast Sandwich Yogurt Assorted Fruit Juice Milk</p>	<p>Additional Daily Options Bagel,Protein Bar,Pop. Tart Fruit & Yogurt Parfaits/Granola</p>
<p>16 No School</p>	<p>17 Breakfast Sandwich Cereal Yogurt Assorted Fruit Juice Milk</p>	<p>18 Scrambled Egg Cereal Yogurt Assorted Fruit Juice Milk</p>	<p>19 Breakfast Sandwich Cereal Yogurt Assorted Fruit</p>	<p>20 French Toast Sticks Tater Tots Assorted Fruit Juice/Yogurt Milk</p>	
<p>All Meals include Fresh Fruit, Vegetable & Milk This institution is an equal opportunity provider. Menu Subject to Change.</p>				<p>Give yourself the goodness of whole grains. Make at least half of the grains you eat whole grains. Grains such as bread, tortillas, pasta, and cereals. heart and digestion, and can help you maintain a healthy weight and good overall health.</p>	





ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

January /February 2023 School Breakfast Menu

Serving Healthy Meals for Healthy Bodies & Minds

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>		
23	24	25	26	27	Additional Daily Options Bagel,Protein Bar,Pop. Tart Fruit & Yogurt Parfaits/Granola	
Mini-Pancakes Cereal Assorted Fruit Juice Yogurt Milk	Scrambled Egg Hash Brown Cereal Yogurt Assorted Fruit Juice Milk	Breakfast Sandwich Cereal Yogurt Assorted Fruit Juice Milk	Pastry Cereal Yogurt Assorted Fruit Juice Milk	Breakfast Sandwich Cereal Yogurt Assorted Fruit Juice Milk		
30	31	01	02	03		
Scrambled Egg Cereal Yogurt Assorted Fruit Juice Milk	Breakfast Sandwich Cereal Yogurt Assorted Fruit Juice Milk	Pancake Cereal Assorted Fruit Juice/Yogurt Milk	French Sticks Cereal Assorted Fruit Juice/ Yogurt Milk	Breakfast Sandwich Cereal Yogurt Assorted Fruit Juice Milk		
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. Grains such as bread, tortillas, pasta, and cereals. heart and digestion, and can help you maintain a healthy weight and good overall health.





ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

December 2022 School Breakfast Menu

Serving Healthy Meals for Healthy Bodies & Minds

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<p>Additional Daily Options Bagel, Protein Bar, Pop. Tart Fruit & Yogurt Parfaits/Granola</p>
<p>12 Mini-Pancakes Assorted Fruit Juice Yogurt Milk</p>	<p>13 French Toast Sticks Tater Tots Assorted Fruit Juice/Yogurt Milk</p>	<p>14 Breakfast Sandwich Yogurt Assorted Fruit Juice Milk</p>	<p>15 Danish Waffle Tater Tots Yogurt Assorted Fruit Juice Milk</p>	<p>16 Breakfast Sandwich Yogurt Assorted Fruit Juice Milk</p>	
<p>19 Scrambled Egg Tater Tots Yogurt Assorted Fruit Juice Milk</p>	<p>20 French Toast Sticks Tri-Taters Assorted Fruit Juice/ Yogurt Milk</p>	<p>21 Pancake Tri-Taters Assorted Fruit Juice/Yogurt Milk</p>	<p>22 Pastry Cereal Yogurt Assorted Fruit Juice Milk</p>	<p>23 Half Day</p>	
<p>All Meals include Fresh Fruit, Vegetable & Milk This institution is an equal opportunity provider. Menu Subject to Change.</p>				<p>Give yourself the goodness of whole grains. Make at least half of the grains you eat whole grains. Grains such as bread, tortillas, pasta, and cereals. heart and digestion, and can help you maintain a healthy weight and good overall health.</p>	