

North Crawford Breakfast Menu 2018-19

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheese Omelet & Toast with Jelly & Peanut Butter <u>or</u> Cereal & Cinnamon Graham Crackers	Pancakes with Syrup <u>or</u> Cereal & Cinnamon Graham Crackers	Egg & Cheese Breakfast Wrap <u>or</u> Cereal & Cinnamon Graham Crackers	Banana or Blueberry Bread & Strawberry Yogurt <u>or</u> Cereal & Strawberry Yogurt	Whole Grain Blueberry Pop-Tart <u>or</u> Cereal & Cinnamon Graham Crackers
Week 2	Egg & Cheese Stuffed Breadstick <u>or</u> Cereal & Vanilla Graham Crackers	French Toast Sticks & Sausage Link <u>or</u> Cereal & Vanilla Graham Crackers	Egg, Cheese & Bacon Breakfast Pizza <u>or</u> Cereal & Vanilla Graham Crackers	Egg, Cheese & Ham Combo Bar & Vanilla Graham Crackers <u>or</u> Cereal & Vanilla Graham Crackers	Cinnamon Bun <u>or</u> Cereal & Vanilla Graham Crackers
Week 3	Sausage, Egg & Cheese Croissanwich <u>or</u> Cereal & Honey Oat Graham Crackers	Waffles, Syrup, Strawberries, & Whipped Cream <u>or</u> Cereal & Honey Oat Graham Crackers	Hot Ham & Cheese Melt on a Hawaii Bun <u>or</u> Cereal & Honey Oat Graham Crackers	Strawberry or Peach Yogurt Parfait with Granola & Honey Oat Graham Crackers <u>or</u> Cereal & Honey Oat Graham Crackers	Donut & Raspberry or Cherry Yogurt <u>or</u> Cereal & Raspberry or Cherry Yogurt Cup

PRICES:
 Breakfast - \$1.10
 Reduced - Free

FREE/REDUCED PRICE MEAL APPLICATIONS:
 Available at:
 1. School Office
 2. School Website
 3. Skyward Family Access

*Applications may be submitted at any time during the school year

MILK
 A choice of low-fat or non-fat white milk or non-fat chocolate milk is offered with every meal.

GRAINS
 We serve only whole grain products.

JUICE
 We serve 100% Juice

FRUIT
 Offered daily with all meals.

This institution is an equal opportunity provider. Menu subject to change due to availability of products.

What's for breakfast today?
 Follow the color coded calendar for our 3 week menu cycle.

THREE ways to purchase meals:

- 1. ONLINE PAYMENTS:**
 Log into your Skyward Family Access Portal and make payments with your credit card. A 3% fee from the credit card company applies.
- 2. CHECKS:**
 Make checks payable to North Crawford School District and bring to the elementary or middle/high school office.
- 3. CASH:**
 Cash may be brought to the elementary or middle/high school office.



September 2018				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

October 2018				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

November 2018				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

December 2018				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

January 2019				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	