

# North Crawford Breakfast Menu 2017-18

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Scrambled Eggs Toast w/ Jelly Juice	Peanut Butter Apple Wraps	All American Egg & Cheese Sandwich	Blueberry Yogurt Parfait with Granola Scooby Doo Graham Crackers	Waffles w/ Fruit & Whipped Topping
Week 2	Egg & Cheese Bagel Sandwich	Cinnamon French Toast Scrambled Eggs Sausage Link	Strawberry Cream Cheese Mini Bagel Blueberry Yogurt	Scrambled Eggs Toast w/ Jelly Strawberry Yogurt	Fruit Frudel
Week 3	Egg & Cheese Omelet Banana Muffin	Brown Sugar Oatmeal Toast	Maple Turkey Pancake Wraps Applesauce	Scrambled Eggs Sausage Toast w/ Jelly	Waffles w/ Fruit & Whipped Topping

## 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.



Menu is subject to change based on availability of products.

### **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 white or non-fat chocolate or white milk is offered with each meal.

#### **CEREAL**

A variety of whole grain breakfast cereals with an additional grain or meat/meat alternate is also available daily.

#### **FRUIT**

A variety of fresh, canned & frozen fruits will be served daily.

#### **GRAINS**

All grains served are whole grains.

### **What's for breakfast today?**

Follow the color coded calendar for our 3 week menu cycle.

September, 2017				
Mo	Tu	We	Th	Fr
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

October, 2017				
Mo	Tu	We	Th	Fr
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

November, 2017				
Mo	Tu	We	Th	Fr
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

December, 2017				
Mo	Tu	We	Th	Fr
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

January, 2018				
Mo	Tu	We	Th	Fr
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

This institution is an equal opportunity provider.