

FALLSBURG CENTRAL SCHOOL DISTRICT BREAKFAST MENU 2018/19

FALLSBURG HS		BCES
<p>Monday</p> <p>May take 2 WG Cereals OR one WG bagel with 1 butter pat or cream cheese OR Bacon Egg & Cheese or Egg & Cheese on Roll AND Juice and Fresh Fruit Plus- May take one: Choice of Skim, 1% Milk or FF Choc Milk</p>		<p>Monday</p> <p>BREAKFAST IN THE CLASSROOM</p> <p>WG Cereal Goldfish Graham, Fresh Fruit Fruit Juice Choice of Skim or 1% Milk</p>
<p>Tuesday</p> <p>May take 2 WG Cereals OR one WG bagel with 1 butter pat or cream cheese OR WW French Toast w Syrup AND Juice and Fresh Fruit Plus- May take one: Choice of Skim, 1% Milk or FF Choc Milk</p>		<p>Fun Facts about Breakfast.</p> <p>DID YOU KNOW??</p> <p>The meaning of the word breakfast is to break from fasting. If you eat dinner at 6:00pm and you wake up the next morning to eat breakfast at 6:00 am, you have been fasting for 12 hours!!</p> <p>Breakfast REALLY is the Most Important Meal of the day!</p> <p>Fuel up with a healthy breakfast to start your day!</p>
<p>Wednesday</p> <p>May take 2 WG Cereals OR one WG bagel with 1 butter pat or cream cheese OR Fruit Yogurt Parfait with Crunchy Granola AND Juice and Fresh Fruit Plus- May take one: Choice of Skim, 1% Milk or FF Choc Milk</p>		<p>Wednesday</p> <p>BREAKFAST IN THE CLASSROOM</p> <p>WG Bagel w/ Cream Cheese or Butter Pat Fruit Juice Fresh Fruit</p> <p>Choice of Skim, 1% or FF Chocolate Milk</p>
<p>Thursday</p> <p>May take 2 WG Cereals or one WG bagel with 1 butter pat or cream cheese OR WG Breakfast Pizza AND Juice and Fresh Fruit Plus- May take one: Choice of Skim 1% Milk or FF Choc Milk</p>		<p>Thursday</p> <p>BREAKFAST IN THE CLASSROOM</p> <p>Breakfast on a Stick Fruit Juice Fresh Fruit Choice of Skim, 1% or FF Chocolate Milk</p>
<p>Friday</p> <p>May take 2 WG Cereals or One WG Bagel with 1 butter pat or cream cheese OR Breakfast on a Stick AND Juice and Fresh Fruit</p> <p>Plus- May take one: Choice of Skim, 1% Milk or FF Choc Milk</p>	<p>Friday</p> <p>BREAKFAST IN THE CLASSROOM</p> <p>WG Cereal Goldfish Graham, Fresh Fruit Fruit Juice Choice of Skim, 1% Milk</p>	

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