

NEWTON COMMUNITY SCHOOLS BREAKFAST MENU



OCTOBER 2021

Local Milk Served with all Meals

Monday	Tuesday	Wednesday	Thursday	Friday
4 *Cereal Bar/Yogurt Dried Cranberries 100% Juice Milk	5 New Entrée BB* Muffin Tops Banana 100% Juice Milk	6 Egg/Ham/Cheese *Bagel Orange Slices 100% Apple Juice Milk	7 Cherry *Frudel Applesauce 100% Juice Milk	8 *Pancakes/Syrup Mixed Fruit 100% Juice Milk
11 *Cereal/*Toast Tiger Clementines 100% Apple Juice Milk	12 Wild Zebra *Long Johns Mixed Berries 100% Juice Milk	13 New Entrée French Toast *Bites Local AE Yogurt Local Apples & Juice Local AE Milk	14 Egg Omelet *Wrap Banana 100% Juice Milk	15 *Cinni-Minis Watermelon 100% Juice Milk
OCTOBER 11-15	NATIONAL	IOWA LOCAL FOOD DAY SCHOOL	LUNCH	WEEK
18 *Cereal/*Toast Raisins 100% Juice Milk	19 *Scooby Snack/Yogurt Strawberries 100% Juice Milk	20 Sausage Pancake*Wrap Apple Slices 100% Juice Milk	21 *WG Poptart String Cheese Mixed Fruit Milk	22 NO SCHOOL FRIDAY!!
25 NO SCHOOL HAPPY MONDAY!	26 *Nutri-Grain Bar/Yogurt Dried Cranberries 100% Juice Milk	27 Mini *Waffles/Syrup Pears 100% Juice Milk	28 Apple *Frudel Orange Slices 100% Grape Juice Milk	29 Halloween *Donut Pineapple Melon 100% Juice Milk
Free/Reduced Lunch Applications-may fill out for FEE waivers or P-EBT				



One FREE Lunch Meal & One FREE Breakfast Meal-Enrolled Students

**Lunch (K-12) All Students Free
1 Free Lunch Daily**

Adult Lunch-\$3.85

*WG Item

#Menu may change without notice

Daily Alternate Main Entree -(k-4)



*Cereal/*Toast

**Breakfast (K-12) All Students Free
1 Free Breakfast**

Adult Breakfast-\$1.75

Alternate Entrees Daily (5-12)

"This institution is an equal opportunity provider and employer"

Menu Prepared By: Cristy Croson-BA, SNS

FS Supervisor

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