



DECEMBER 2018

Corinth Central School K-12

Breakfast Meal Pricing

Full-Price - \$1.50

Reduced - \$.25

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
3 Warm Bagel with Cream Cheese or Peanut Butter	4 WG French Toast Sticks with Syrup	5 Eggwich on a WG English Muffin with Cheese	6 WG Muffin Low-Fat Yogurt	7 Colby Cheese Omelet with WG English Muffin
10 Warm Bagel with Cream Cheese or Peanut Butter	11 WG Waffles with Syrup	12 Eggwich on a WG English Muffin with Cheese	13 WG Oatmeal Round Mozzarella Cheese Stick	14 Scrambled Eggs with WG English Muffin
17 Warm Bagel with Cream Cheese or Peanut Butter	18 WG Pancakes with Syrup	19 Eggwich on a WG English Muffin with Cheese	20 WG Muffin Low-Fat Yogurt	21 <i>Holiday Recess</i>
24 <i>We</i>	25 <i>wish</i>	26 <i>you all</i>	27 <i>Happy</i>	28 <i>Holidays!</i>
31 <i>from, Your CCS Cafeteria Staff</i>	Additional Daily Meal Choices Include: <ul style="list-style-type: none"> ➤ Warm, Whole Grain Bagels with Cream Cheese or Peanut Butter ➤ Assorted Reduced Sugar, Whole Grain Cereals ➤ Assorted Whole Grain Cereal Bars ➤ Whole Wheat Toast with Margarine or Jelly All Breakfast Meals include a Fruit, Juice and Milk Choice			



All student meals include an 8 oz. serving of Fat-Free or Low-Fat Milk and a 1 cup serving of assorted Fresh or Canned Fruits or Juice. To qualify for a student priced meal, students must take a minimum of 3 items offered with one being a serving of fruit. Each day the items are Grains, Fruit and Milk. Some breakfast entrees include a protein for a combination item, which would count as 2 items (1 Grain & 1 Protein). We encourage students to take all that is offered to make up a filling and nutritious meal that meets the minimum nutrition standards to learn.

Free & Reduced Meal Applications are available online at www.corinthcsd.org, your students' School office or the Food Service office.

For Breakfast and Lunch Program questions or information on the Free & Reduced Meal Program, please contact Lisa Tevendale at: (518) 654-9005 extension 3114 or email - tevendalel@corinthcsd.org.

This menu may change without notice due to circumstances beyond our control.