

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**Additional Daily Meal Choices Include;**

- Whole Grain Bagels with Cream Cheese or Peanut Butter
- Assorted Whole Grain Cereals
- Assorted Whole Grain Cereal Bars
- Wheat Toast with Margarine or Jelly

**All Breakfast Meals include a Fruit, Juice and Milk Choice**

1

Colby Cheese Omelet  
with WG English Muffin

4

Warm Bagel  
with Cream Cheese  
or Peanut Butter

5

Waffles  
with Syrup

6

Eggwich on a  
WG Croissant  
with Cheese

7

WG Muffin  
Low - Fat Yogurt

8

WG Breakfast Pizza

11

Warm Bagel  
with Cream Cheese  
or Peanut Butter

12

Pancakes  
with Syrup

13

Eggwich on a  
WG Croissant  
with Cheese

14

*Happy Valentine's Day!*  
WG Warm Oatmeal Round  
Low - Fat Yogurt

15

Egg & Cheese  
WG Breakfast Wrap  
w/ Salsa

18

19

20

21

22

Winter Recess ~ February 16<sup>th</sup> - 24<sup>th</sup> ~ No School

25

Warm Bagel  
with Cream Cheese  
or Peanut Butter

26

French Toast Sticks  
with Syrup

27

Eggwich on a  
WG Croissant  
with Cheese

28

WG Mini-Cinni Buns



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](http://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](mailto:tevendalel@corinthcsd.org).

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