

Chartwells School Dining Services at Scotia-Glenville High School and Middle School Breakfast Menu September 14 - September 30, 2020

No charge for student breakfast

Extra milk \$.65

Milk choices include 1% white, skim and skim chocolate



Fresh Blueberry and Chocolate Chip Muffins
Made Daily
Cereal Comes with Cheese Stick

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
All Breakfast Meals are Served with: 100% Juice , Fresh Fruit & Choice of Milk				
5	6	7	8	9
14	15	16	17	18
First Day of School No Breakfast Today	Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich	Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich	Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich	Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich
21	22	23	24	25
Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich	Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich	Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich	Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich	Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich
28	29	30		
Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich	Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich	Bagel with Light Cream Cheese or Smart Balance Assorted Cereal Assorted Muffins Ham* or Sausage*, Egg & Cheese Sandwich		



Go to MyPlate.gov for online personal wellness resources for you and your family.

* = product contains pork

Questions or comments? Please call Scott Stowell, Dining Services Director at 518-382-1259

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