

# SOMERSET SCHOOL DISTRICT

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WAFFLE WITH SAUSAGE & SYRUP TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	2 DR. SEUSS' B-DAY GREEN EGGS-HAM FRESH FRUIT TOAST & CEREAL FRUIT JUICE CHOICE OF MILK
5 BREAKFAST PIZZA TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	6 OATMEAL WITH TOAST TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	7 FRENCH TOAST W/ SYRUP TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	8 BAGEL W/ TOPPINGS FRESH FRUIT TOAST & CEREAL FRUIT JUICE CHOICE OF MILK	9 SAUSAGE-EGG CHEESE MUFFIN FRESH FRUIT TOAST & CEREAL FRUIT JUICE CHOICE OF MILK
12 BREAKFAST PIZZA TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	13 TEXAS FRENCH TOAST W/ SYRUP TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	14 EGG & CHEESE SANDWICH TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	15 FUNNEL CAKE TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	16 PANCAKE AND SAUSAGE ON A STICK TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK
19 BREAKFAST PIZZA TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	20 PANCAKES W/ SYRUP TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	21 SAUSAGE AND EGG BISCUIT TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	22 SCRAMBLED EGGS W/ TOAST TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	23 BAGEL W/ TOPPINGS TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK
26 BREAKFAST PIZZA TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	27 PANCAKES W/ SYRUP TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	28 CROISSANT, EGG AND CHEESE TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	29 BLUEBERRY WAFFLE TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK	30 OATMEAL WITH TOAST TOAST & CEREAL FRESH FRUIT FRUIT JUICE CHOICE OF MILK

**Milk Choices Include:**

1% White & Skim

**Available Daily:**

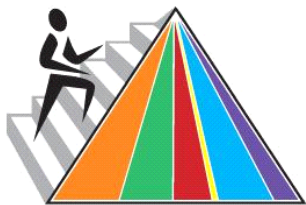
**Fruits May Include:**

Fresh Fruit Choices  
Canned Fruit  
100% Fruit Juices

**MENU SUBJECT TO  
CHANGE !**

**GENERAL MANAGER,  
FOODSERVICE  
Jim Mandichak  
444-3251  
Phone Number**

MyPyramid.gov  
Steps to a healthier you!



Nutritious Tip  
Of the Month !  
Drink one gallon of  
water throughout the  
course of each day!

**NO TIME FOR  
BREAKFAST?**

According to a research  
article in the *Journal of  
the American Dietetic  
Association*, eating  
breakfast improves  
learning and overall  
health among children  
and adolescents.