

Prices 2023-2024
 Breakfast FREE
 Adult Breakfast \$2.30
 Ala Carte Milk \$.70

OCTOBER

GHMS BREAKFAST 2023

Prepared by CVSD (717)556-0025
MENU SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg & Cheese on WG or Mini Loaf w/ Grahams or Cereal Fresh Fruit 100% Fruit Juice Milk	3 WG Pumpkin Bread Slice or WG Pop Tart or Cereal Fresh Fruit 100% Fruit Juice Milk	4 Uncrustable PBJ or Warmed WG Pastry or Cereal Fresh Fruit 100% Fruit Juice Milk	5 Early Dismissal WG Muffin or Cereal Fresh Fruit 100% Fruit Juice Milk	6 NO SCHOOL
9 NO SCHOOL	10 Warmed WG Pastry or WG Banana Bread or Cereal Fresh Fruit 100% Fruit Juice Milk	11 Ham, Egg & Cheese on WG or WG Pop Tart or Cereal Fresh Fruit 100% Fruit Juice Milk	12 Sausage & Cheese on WG Roll or WG Muffin or Cereal Fresh Fruit 100% Fruit Juice Milk	13 Warmed WG Pastry or WG Pop Tart or Cereal Fresh Fruit 100% Fruit Juice Milk
16 Egg & Cheese on WG or Mini Loaf w/ Grahams or Cereal Fresh Fruit 100% Fruit Juice Milk	17 WG Pumpkin Bread Slice or WG Pop Tart or Cereal Fresh Fruit 100% Fruit Juice Milk	18 Uncrustable PBJ or Warmed WG Pastry or Cereal Fresh Fruit 100% Fruit Juice Milk	19 Combo Bar on WG Roll or WG Muffin or Cereal Fresh Fruit 100% Fruit Juice Milk	20 Warmed WG Pastry or WG Donut or Cereal Fresh Fruit 100% Fruit Juice Milk
23 Breakfast Pizza or WG Pop Tart or Cereal Fresh Fruit 100% Fruit Juice Milk	24 Warmed WG Pastry or WG Banana Bread or Cereal Fresh Fruit 100% Fruit Juice Milk	25 Egg & Cheese Quesadilla or WG Donut or Cereal Fresh Fruit 100% Fruit Juice Milk	26 Warmed WG Pastry or WG Banana Bread or Cereal Fresh Fruit 100% Fruit Juice Milk	27 Early Dismissal WG Muffin or Cereal Fresh Fruit 100% Fruit Juice
30 Egg & Cheese on WG or Mini Loaf w/ Grahams or Cereal Fresh Fruit 100% Fruit Juice Milk	31 WG Pumpkin Bread Slice or WG Pop Tart or Cereal Fresh Fruit 100% Fruit Juice Milk			

BREAKFAST SELECTION INCLUDES:
CHOICE OF 1 ENTRÉE
CHOICE OF 100% FRUIT JUICE OR FRESH FRUIT
CHOICE OF MILK
VARIETY OF FAT FREE FLAVORED MILK SERVED DAILY