

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>DAILY ELEMENTARY SCHOOL (K-5) STUDENT MEAL PRICES:</p> <p>Breakfast: \$ 1.75 Lunch: \$2.90</p> <p>Payment Methods include cash, check or credit card. If paying by check, please issue to Monroe-Woodbury Food Services. If paying by credit card, please visit www.PAYPAMS.COM. There is a small fee for that service. However, for free, you can view your child's account history and set up low cash notifications. Download the app for your cell phone!</p> <p>To learn more about free and reduced price meals in our district, please call the Food Service office at (845) 460-6200 or e-mail foodforthought@mw.k12.ny.us. Also, view the Food Services link under District Services on the web page for lots of Food Service information! www.mw.k12.ny.us</p> <p>If you have questions about your child's account: Please call your child's cafeteria at (845) 460-6200 HS x7041 MS x6441 PT x6941 NM x6841 CV x6741 SC x6341 SE x6541</p>
2	3	4	5	6	
<p>LABOR DAY</p> <p>SCHOOL CLOSED</p>	<p>SUPERINTENDENT'S CONFERENCE DAY</p> <p>SCHOOL CLOSED</p>	<p>SUPERINTENDENT'S CONFERENCE DAY</p> <p>SCHOOL CLOSED</p>	<p>Breakfast</p> <p>Assorted Whole Grain Bagels or Hard Rolls Chilled and Fresh Fruit Cold Milk Choices</p> <p>Breakfast for Lunch!</p> <p>WG French Toast Sticks Sausage* Links Sweet Potato Fries 100% Fruit Juice Applesauce Cup Cold Milk Choices</p>	<p>Breakfast</p> <p>Fruit and Yogurt Parfait No Nut Granola Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Pizzeria Style Pizza Veggie Sticks with Low Fat Dip Tossed Salad Mixed Fruit Cold Milk Choices</p>	
9	10	11	12	13	
<p>Breakfast</p> <p>Assorted Whole Grain Bagels or Hard Rolls Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Chicken Sticks Whole Wheat Dinner Roll Potato Smiles Tossed Salad Diced Peaches Cold Milk Choices</p>	<p>Breakfast</p> <p>WG Waffles Fruit Sauce Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Spaghetti and Meatballs or Plain Sauce Steamed Broccoli Tossed Salad Mixed Berry Cup Cold Milk Choices</p> <p>Alt: Chicken Nuggets</p>	<p>Breakfast</p> <p>Breakfast Bun Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Mozzarella Sticks Cup of Sauce Seasoned Breadstick Italian Style Vegetables Chilled Pineapple Cold Milk Choices</p>	<p>Breakfast</p> <p>Egg and Cheese on an English Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Tacos* Tortilla Chips Lettuce, Tomato, Salsa Refried Beans Sliced Melon Cold Milk Choices</p>	<p>Breakfast</p> <p>Fruit and Yogurt Parfait Graham Crackers Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Fresh Made Pizza Baby Carrots with Low Fat Dressing Tossed Salad Orange Smiles Cold Milk Choices</p>	

wake up!

to

School Breakfast

MONROE-WOODBURY CENTRAL SCHOOL DISTRICT ELEMENTARY SCHOOL MENU SEPTEMBER 2019

wake up!

to

School Breakfast

16	17	18	19	20	AVAILABLE DAILY
<p>Breakfast</p> <p>Assorted Whole Grain Bagels or Hard Rolls Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Chicken Tenders WG Biscuit Potato Wedges Green Beans Tossed Salad Mixed Fruit Cold Milk Choices</p>	<p>Breakfast</p> <p>French Toast Sticks Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Cheese Ravioli Garlic Bread Chickpea Salad Seedless Grapes Cold Milk Choices Alt: Chicken Nuggets</p>	<p>Breakfast</p> <p>Mini Cinnamon Rolls Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Breaded Chicken Rice and Gravy Mixed Greens Salad Cinnamon Applesauce Cold Milk Choices</p>	<p>Breakfast</p> <p>Breakfast Bowl with Eggs Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>WG Pancakes Canadian Style Bacon Sweet Potato Waffle Fries 100% Fruit Juice Strawberry Cup Cold Milk Choices</p>	<p>Breakfast</p> <p>Fruit and Yogurt Parfait Mini Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Stuffed Crust Pizza Fresh Veggies and Dip Tossed Salad Dices Peaches Cold Milk Choices</p>	<p>Breakfast: Cold cereal choices, chilled juice or cold milk choices, fresh fruit, assorted fruited 4 oz. yogurt, bagel alternate</p> <p>Lunch: Fresh fruit and salad bar, baby carrots</p> <p>Alternate Sandwiches: Cheese, Turkey, Peanut Butter & Jelly, Tuna</p> <p>All meals consist of 8 oz. low-fat or skim milk, one cup salad, vegetable and/or fresh or canned fruits and whole grain bread, whole grain rice and pasta.</p> <p>Mon, Weds, Fri: Hot Dog Tues: All White Meat Chicken Nuggets Thurs: Hamburger, Cheeseburger or Veggie Burger</p> <p>Looking for work while your child is in school? Substitute positions are available! Please contact us at (845) 460-6200.</p> <p>Thank you for dining with Monroe-Woodbury Food Services!</p> <p>#mwinspiresuccess</p> <p>USDA is an equal opportunity provider and employer. Menus are subject to change.</p> <p>*May contain pork</p> <p>All free and reduced applications are being processed. If you sent in an application and your child is not receiving free or reduced meals, please call the food service office at 845-460-6110. You can obtain an application on the Monroe-Woodbury website. Everyone participating in the Free & Reduced meals Program must have a 2019-2020 application on file.</p>
OC EARLY DISMISSAL DRILL					
<p>23</p> <p>Breakfast</p> <p>Assorted Whole Grain Bagels or Hard Rolls Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Chicken Patty on a Bun Mashed Potatoes Tossed Salad Tropical Fruit Salad Cold Milk Choices</p>	<p>24</p> <p>Breakfast</p> <p>WG Pancakes Fruit Sauce Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Macaroni and Cheese Fish Sticks Roasted Broccoli Tossed Salad Sliced Melon Cold Milk Choices Alt: Chicken Nuggets</p>	<p>25</p> <p>Breakfast</p> <p>Mini French Toast Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Cheesy Italian Dunkers with Meatsauce or Marinara Sauce Three Bean Salad Tossed Salad Frozen Juice Cup Cold Milk Choices</p>	<p>26</p> <p>Breakfast</p> <p>Cheese Omelet Wrap Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Asian Style Chicken Brown Rice Steamed Broccoli Tossed Salad Mandarin Oranges Cold Milk Choices</p>	<p>27</p> <p>Breakfast</p> <p>Fruit and Yogurt Parfait No Nut Granola Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Fresh Made Pizza Baby Carrots with Dip Tossed Salad Chilled Pineapple Cold Milk Choices</p>	
<p>30</p> <p>ROSH HASHANAH</p> <p>SCHOOL CLOSED</p>	<p>PAY NO ATTENTION TO THAT BIRD!</p>  <p>The clock has not run out! We accept applications for free and reduced-price meals all year long. It's never too late!</p> <p>Students who qualify for a free or reduced-price lunch automatically qualify for a free or reduced-price breakfast, too! More info at: 845-460-6200 ext 6247 or Foodforthought@MW.K12.NY.US</p>			<p>WHY WE NEED BREAKFAST</p> <p>Breakfast provides the body and brain with fuel after an overnight fast- that's where its name originates, breaking the fast! Without breakfast you are effectively running on empty.</p>	