



Maple Hill Jr. Sr. High School  
October 2021  
Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
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4 Egg and Sausage on a WG English Muffin Chilled Fruit Assorted 100% Juice	5 Assorted Muffins Chilled Fruit Assorted 100% Juice	6 Egg and Cheese Wrap Chilled Fruit Assorted 100% Juice	7 Assorted Whole Grain Bagels Chilled Fruit Assorted 100% Juice	8 French Toast and Sausage Chilled Fruit Assorted 100% Juice
11 <b>Columbus Day District Closed</b>	12 Assorted Muffins Chilled Fruit Assorted 100% Juice	13 Egg and Cheese Wrap Chilled Fruit Assorted 100% Juice	14 Assorted Whole Grain Bagels Chilled Fruit Assorted 100% Juice	15 French Toast and Sausage Chilled Fruit Assorted 100% Juice
18 Egg and Sausage on a WG English Muffin Chilled Fruit Assorted 100% Juice	19 Assorted Muffins Chilled Fruit Assorted 100% Juice	20 Egg and Cheese Wrap Chilled Fruit Assorted 100% Juice	21 Assorted Whole Grain Bagels Chilled Fruit Assorted 100% Juice	22 French Toast and Sausage Chilled Fruit Assorted 100% Juice
25 Egg and Sausage on a WG English Muffin Chilled Fruit Assorted 100% Juice	26 Assorted Muffins Chilled Fruit Assorted 100% Juice	27 Egg and Cheese Wrap Chilled Fruit Assorted 100% Juice	28 Assorted Whole Grain Bagels Chilled Fruit Assorted 100% Juice	29 French Toast and Sausage Chilled Fruit Assorted 100% Juice <b>Give Back Day</b>

This institution is an equal opportunity provider and employer



**Alternate Breakfast Available Daily**

**Assorted Muffins, Bagels, Cereal Bowls, Yogurt Parfaits**  
We offer a variety of kid-friendly cereal choices. All cereal is whole grain.

Offered w/ Featured Fruit or Juice Sides  
AND Choice of Skim, 1% or Fat Free Flavored Milk

\* All grain items made with whole grain WG

A full student breakfast includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate

Questions?  
Please call Tom 518-732-4269