




SEPTEMBER 2018

Ewing School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  LABOR DAY	4 Egg Patty Whole Wheat Toast Peaches Applesauce Milk	5 Whole Grain French Toast SF Syrup Warm Cinnamon Apples Craisins Milk	6 Whole Grain Cereal Yogurt Medium Banana 100% Fruit Juice Milk	7 Whole Wheat Banana Bread Strawberries 100% Fruit Juice Milk
10 Whole Grain Cinnamon Bun Apple Slices Mixed Fruit Milk	11 Whole Grain Blueberry Waffles SF Syrup Diced Pears 100% Fruit Juice Milk	12 Whole Grain Chocolate Chip Bar Mandarin Oranges Applesauce Milk	13 Cheddar Omelet Whole Grain Toast Medium Banana 100% Fruit Juice Milk	14 W.G. Cereal Bar String Cheese Pineapple Tidbits 100% Fruit Juice Milk
17 Whole Grain Ring Donut Tropical Fruit 100% Fruit Juice Milk	18 Whole Grain Mini Pancakes SF Syrup Apple Slices Mandarin Oranges Milk	19 Whole Grain Muffin String Cheese Peaches Craisins Milk	20 Sausage Patty Whole Grain Biscuit Medium Banana 100% Fruit Juice Milk	21 Whole Grain Pop Tart Yogurt Mixed Fruit 100% Fruit Juice Milk
24 W.G. Apple Cherry Oatmeal Bar Pineapple Tidbits 100% Fruit Juice Milk	25 Egg Patty Whole Wheat Toast Peaches Applesauce Milk	26 Whole Grain French Toast SF Syrup Warm Cinnamon Apples Craisins Milk	27 Whole Grain Cereal String Cheese Medium Banana 100% Fruit Juice Milk	28 Whole Wheat Banana Bread Mixed Berries 100% Fruit Juice Milk



Ewing School is continuing to participate in a Free Breakfast and Lunch Program for the current school year 2018/2019. This alternative is referred to as the Community Eligibility Provision.

All students enrolled at Ewing School may participate in the School Breakfast Program and the National School Lunch Program at no charge. Household applications are not required to receive free meals.

