

November 2009 Saranac Lake Central School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 100% Fruit Juice Plain Bagel w/ Cream Cheese Milk	3 100% Fruit Juice Waffle w/ Syrup Milk	4 100% Fruit Juice Assorted Cold Cereal Wheat Toast w/ Jelly Milk	5 100% Fruit Juice Hot Sausage and Cheese on a English Muffin Milk	6 100% Fruit Juice Fruited Yogurt Wheat Toast Milk
9 100% Fruit Juice Pancakes w/ Syrup Milk	10 100% Fruit Juice Cinnamon Raisin Bagel w/ Cream Cheese Milk	11 100% Fruit Juice Fruited Yogurt Wheat Toast Milk	12 100% Fruit Juice Assorted Cold Cereal Wheat Toast w/ Jelly Milk	13 100% Fruit Juice Egg and Cheese on a Roll Sausage Links Milk
16 100% Fruit Juice Fruited Yogurt English Muffin Milk	17 100% Fruit Juice Oatmeal Milk	18 100% Fruit Juice Breakfast Pizza Milk	19 100% Fruit Juice Assorted Cold Cereal Wheat Toast Milk	20 100% Fruit Juice French Toast w/ Syrup Sausage Links Milk
23 100% Fruit Juice Waffle w/ Syrup Sausage Links Milk	24 100% Fruit Juice Fruited Yogurt Wheat Toast Milk	25 100% Fruit Juice Plain Bagel w/ Cream Cheese Milk	26 100% Fruit Juice Assorted Cold Cereal Wheat Toast w/ Jelly Milk	27 100% Fruit Juice Ham and Cheese on a English Muffin Milk
30 100% Fruit Juice Fruited Yogurt Wheat Toast Milk				

