

# BREAKFAST MENU

## BREAKFAST PRICES

All students attending ACSD are entitled to receive one complete breakfast at no charge. Additional Breakfast \$1.50 Milk \$.50

## AVAILABLE DAILY

Whole Grain Assorted Cereals & Animal Crackers or 4oz Yogurt & Animal Crackers  
4oz 100% Fruit Juice  
Fruit  
Skim or 1% Milk

*\*If you have a food allergy, please speak to the Director or Lead Server. \*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. \*Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director  
**Stephanie at 518-475-6644***

## WE PURCHASE LOCAL!

Produce is purchased through regional suppliers when seasonably available. Visit [www.Whitsons.com](http://www.Whitsons.com) to see all that we are doing to help save the environment

**The USDA and this institution are both equal opportunity providers and employers.**

**Menu subject to change.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5 WW Bagel with Cream Cheese 4 oz 100% Fruit Juice Sliced Pears Skim or 1% Milk	6 WW Donut 4 oz 100% Fruit Juice Mixed Fruit Skim or 1% Milk	7 Egg & Cheese On a WW Bun 4 oz 100% Fruit Juice Fresh Fruit Skim or 1% Milk	8 WG Muffin Muffin 4 oz 100% Fruit Juice Applesauce Skim or 1% Milk
12 WG Muffin Muffin 4 oz 100% Fruit Juice Fresh Fruit Skim or 1% Milk	13 WW Bagel with Cream Cheese 4 oz 100% Fruit Juice Sliced Pears Skim or 1% Milk	14 WW Donut 4 oz 100% Fruit Juice Mixed Fruit Skim or 1% Milk	15 Egg & Cheese On a WW Bun 4 oz 100% Fruit Juice Fresh Fruit Skim or 1% Milk	16 WG Muffin 4 oz 100% Fruit Juice Applesauce Skim or 1% Milk
19 WG Muffin Muffin 4 oz 100% Fruit Juice Fresh Fruit Skim or 1% Milk	20 WW Bagel with Cream Cheese 4 oz 100% Fruit Juice Sliced Pears Skim or 1% Milk	21 WW Donut 4 oz 100% Fruit Juice Mixed Fruit Skim or 1% Milk	22 Egg & Cheese On a WW Bun 4 oz 100% Fruit Juice Fresh Fruit Skim or 1% Milk	23 WG Muffin 4 oz 100% Fruit Juice Applesauce Skim or 1% Milk
				Other Daily Choices Whole Grain Cereals & Animal Crackers Or Yogurt Served With Animal Crackers 4 oz Fruit Juice Skim or 1% Milk



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## Visit Our Virtual Cafeteria!

Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including: allergens, nutrition facts, etc. [www.Whitsons.com/Nutrition](http://www.Whitsons.com/Nutrition)



## Have Allergies to Gluten, Casein or Soy?

Check out NuLife Foods! They offer great tasting, GFCSF foods that help people with food sensitivities to be free. Certain items are available right in your cafeteria!  
[www.NuLifeFoods.com](http://www.NuLifeFoods.com)