

October 2009



BREAKFAST MENU

Orlando del Hoyo
 School Food Service Manager
 Bldg. # 19; Tel. 787-707-2764
 web site: orlando.delhoyo@arni.dodea.edu

Students have the option to choose 4 food items to be charged full price:
 (1) Meat Alternate, (1) Bread Alternate or (2) Meat Alternate,
 or (2) Bread Alternate plus (1) Fruit and (1) Milk
 Each parent should assist their students in planning meals so they can
 obtain the benefits of having a variety food consumption.
 Bacon is not a meat alternate and is charged as an A la Carte choice.



| | |
|--|---|
| Pancakes/Sausage Links French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 1 | Breakfast Pizza Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 2 |
|--|---|



Encourage students to choose different foods throughout the week.

| | | | | |
|--|--|--|---|---|
| Oatmeal Muffin & Scrambled Egg Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 5 | Sausage Patty & Cheese on Bun Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 6 | Corn Bread & Sausage Links Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 7 | Cinnamon Roll & Scrambled Egg Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 8 | Sausage Patty & Cheese on Bun Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 9 |
| COLOMBUS DAY NO SCHOOL | Egg and Cheese on Bun Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 13 | Cinamon Toast/Ham Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 14 | Egg Taco Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alternate Fruit or Juice and Choice of Milk 15 | TEACHER DAY NO SCHOOL |
| Breakfast Quesadilla French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 19 | Egg and Cheese on Bun Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 20 | Spanish Omelet Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 21 | Banana Bread/ Sliced Ham Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk NO SCHOOL FOR PK | Pancakes/Scrambled Eggs Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alternate French Toast NO SCHOOL FOR 2PK-5 |
| Sauteed Potato Chunks & Ham Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 26 | Early Release -Staff Dev Ramey Breakfast Burrito Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 30 | Early Release -Staff Dev Buchanan Oatmeal Muffin/Scrambled Eggs Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 28 29 | French Toast/Ham Pancakes/Scrambled Eggs Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alt. Fruit or Juice and Choice of Milk 28 29 | Scrambled Eggs & Toast Pancakes or French Toast Cold or Hot Cereal/Toast/Jelly Grilled Cheese or Ham & Cheese Sand. Egg or Sausage Patty with a Bread Alternate Fruit or Juice and Choice of Milk 30 |

In the operation of Child Nutrition Programs, no child will be discriminated against because of race, color, sex, age, handicap or national origin. Any person who believes he or she has been discriminated against in any USDA related activity should write to USDA Director, Office of Civil Right Room #326-W Whitten, Building #1400, Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202)-720-6964.