



BREAKFAST

FUEL RIGHT RED KNIGHTS !

OCTOBER 2020

LaFargeville Central School

Monday

Tuesday

Wednesday

Thursday

Friday

A complete breakfast includes one entrée plus 100% juice, fresh fruit and choice of milk.

5
Whole Grain Cinnamon Roll
Sausage Link

6
Sausage Egg & Cheese
Breakfast Sandwich

7
Breakfast Bar
Low Fat Yogurt

8
Sausage Egg & Cheese
Breakfast Sandwich

9
Homemade Breakfast
Pizza

12
No School
Columbus Day

13
Sausage Egg & Cheese
Breakfast Sandwich

14
Whole Grain Muffin Top
Low Fat Yogurt

15
Sausage Egg & Cheese
Breakfast Sandwich

16
Homemade Breakfast
Pizza

19
Mini French Toast
W/ Maple Syrup

20
Sausage Egg & Cheese
Breakfast Sandwich

21
Apple Cinnamon Scone
Low Fat Yogurt

22
Sausage Egg & Cheese
Breakfast Sandwich

23
Homemade Breakfast
Pizza

26
Mini Waffles
W/ Maple Syrup

27
Sausage Egg & Cheese
Breakfast Sandwich

28
Blueberry Bread
Low Fat Yogurt

29
Sausage Egg & Cheese
Breakfast Sandwich

30
Homemade Breakfast
Pizza

Milk and Fruit Served Daily

Free & Reduced Meal Benefits may be applied for at any time of the year.
Applications are available in the district office or can be accessed online at www.lafargevillecsd.org.

This institution is an equal opportunity provider and employer.

