



**Arthur P. Schalick High School  
Pittsgrove NJ  
Breakfast Menu  
October 2018**

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Assorted Cereal*, Whole Grain Muffins*, Cereal Bars* or Bagel's</p> <p>Fruit Juice, Fresh Fruit and Milk Offered Daily</p> <p>*w/Graham Cracker</p>	<p>Sausage or Ham, Egg, &amp; Cheese on a Whole Grain Muffin or Bagel</p> <p>Assorted Cereal*, Whole Grain Muffins*, Cereal Bars* or Bagel's</p> <p>Fruit Juice, Fresh Fruit and Milk Offered Daily</p> <p>*w/Graham Cracker</p>	<p>Sausage or Ham, Egg, &amp; Cheese on a Whole Grain Muffin or Bagel</p> <p>Assorted Cereal*, Whole Grain Muffins*, Cereal Bars* or Bagel's</p> <p>Fruit Juice, Fresh Fruit and Milk Offered Daily</p> <p>*w/Graham Cracker</p>	<p>Sausage or Ham, Egg, &amp; Cheese on a Whole Grain Muffin or Bagel</p> <p>Assorted Cereal*, Whole Grain Muffins*, Cereal Bars* or Bagel's</p> <p>Fruit Juice, Fresh Fruit and Milk Offered Daily</p> <p>*w/Graham Cracker</p>	<p>Sausage or Ham, Egg, &amp; Cheese on a Whole Grain Muffin or Bagel</p> <p>Assorted Cereal*, Whole Grain Muffins*, Cereal Bars* or Bagel's</p> <p>Fruit Juice, Fresh Fruit and Milk Offered Daily</p> <p>*w/Graham Cracker</p>

