



Shelburne City Schools  
Breakfast Menu

Subject to change due to availability of food or school closure  
All items are prepared with an equal opportunity provider and employer

# September 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
29 Mini Chocolate muffin Chez it Juice Milk	30 Cereal Bar HMS-SHS Breakfast pizza Fruit Juice Milk	31 Waffle Popart Fruit Juice Milk	1 French toast Strawberries Juice Milk	2 Bagel w.cc Juice Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
5 <b>No School!</b> <b>Labor Day!</b>	6 Cinnamon roll Juice Milk	7 Fruodels Fruit Milk	8 Chex mix Fruit Milk	9 Oatmeal bar Fruit Juice Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
12 Popart w.g. Cheese stick Juice Milk	13 Nutri-grain bar Fruit Juice Milk	14 Cereal Banana Juice	15 P&J Bar Fruit Milk	16 Muffin Cheese sticks Juice Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
19 Cereal Juice Milk	20 Chex mix Yogurt Fruit Milk	21 Cinnamon bun Fruit Juice Milk	22 Oatmeal bar Fruit Milk	23 Fruodel Fruit Juice Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
26 Mini Chocolate muffin Chez it Juice Milk	27 West-Well-East Cereal Bar HMS-SHS Breakfast pizza Fruit Juice Milk	28 Waffle Popart Fruit Juice Milk	29 Pancakes Juice Milk	30 Donuts Fruit cup Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:



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# SUMMER 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
29	30	31	1 West-Wells-East Pizza stick w/ sauce Caesar salad Green Bean HMS-SHS Pizza Fruit Milk	2 West-East Corn dog HMS-SHS Fish Sticks Baked Chip Coleslaw Cookie (w.g) Roll Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
<b>5</b> <b>No School!</b> <b>Labor Day!</b>	<b>6</b> <b>Chicken Patty</b> Peas Carrots Fruit Bun Milk	<b>7</b> <b>Beef-a-roni</b> Mixed veg Green bean Fruit Garlic Stick Milk	<b>8</b> Pizza sticks w/ sauce Green beans Tossed Salad Fruit Milk	<b>9</b> West-East Cheese Burger HMS-SHS Fish Sandwich w/ cheese Mustard Greens Coleslaw /pickle Bun/milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
<b>12</b> Meatball w/ cheese Lima bean Salad Fruit Bun Milk	<b>13</b> Bbq rib Sand. Corn n Cob Spinach Fruit Bun Milk	<b>14</b> Beef&Cheese Nacho Black Beans Corn Cookie(w.g) Fruit Milk	<b>15</b> West-Wells-East Pizza stick w/ sauce Green bean Salad HMS-SHS Pizza Fruit Milk	<b>16</b> West-Wells-East Chicken Patty HMS-SHS Popcorn fish Mac&Cheese Green bean w/tomato Fruit Roll Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
<b>19</b> Burger Carrots Chips Sweet potatoe Fruit Bun/milk	<b>20</b> Turkey Sand Brocc&carrots w/dip Apple slices Fruit Bun Milk	<b>21</b> Sloppy joe Corn Peas Noodles Fruit Bun/Milk	<b>22</b> West-Wells-East Pizza pocket w/sauce Pizza Romain Salad Mix veg Fruit/Milk	<b>23</b> Salisbury Steak Mash Potatoes Green beans Fruit Roll/Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C:
<b>26</b> West-East Chicken Nuggets HMS-SHS Chicken noodle Soup Tossed Salad Garlic Stick Fruit Milk	<b>27</b> Chili cheese dog Broccoli Corn Baked Chip Fruit Milk	<b>28</b> Pulled Pork Sand, Mustard greens Mac& Cheese Corn bread Fruit Bun Milk	<b>29</b> West-Wells-East Pizza stick w/ sauce HMS-SHS Pizza Green bean Salad Fruit Milk	<b>30</b> P&J uncrustable Carrot & Red Peppers w/dip Chip Cookie(w.G) Milk	Calories: Total Fat: Carbohydrates: Protein: Calcium: Iron: Vitamin A: Vitamin C: