



**AMHERST/PELHAM REGIONAL SCHOOLS
FEBRUARY 2009 BREAKFAST MENU**










AVAILABLE DAILY:

ASSORTED CEREAL:
SERVED WITH GRAHAM
CRACKER
CHOICE OF MILK SERVED
WITH EVERY BREAKFAST:
LOWFAT MILK, SKIM MILK
LOWFAT FLAVORED MILK
CHOICE OF 100% JUICE

FOOD SERVICE OFFICE:
(413) 362-1839

MENU SUBJECT TO CHANGE.

NOTICE POSTED
WHEN POSSIBLE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 REDUCED SUGAR CEREAL ELF GRAHAMS 100% FRUIT JUICE LOWFAT MILK 	3 PANCAKES WARM SYRUP HAM SLICE 100% ASSORTED JUICE	4 GOLDEN GRAHAMS CEREAL  ELF GRAHAMS 100% FRUIT JUICE LOWFAT MILK	5 HAM, EGG AND CHEESE SANDWICH 100% ASSORTED JUICE	6 KIX CEREAL GRAHAM CRACKERS (2) 100% FRUIT JUICE LOWFAT MILK 
9 REDUCED SUGAR CEREAL ELF GRAHAMS 100% FRUIT JUICE LOWFAT MILK 	10 FRENCH TOAST WARM SYRUP PINEAPPLE TIDBITS 100% ASSORTED JUICE	11 CEREAL BAR GRAHAM CRACKERS (2) 100% FRUIT JUICE LOWFAT MILK	12 <u>LATE START DAY</u> REDUCED SUGAR CEREAL ELF GRAHAMS 100% FRUIT JUICE LOWFAT MILK	13 WAFFLES W/ WARM SYRUP HAM SLICE CINNAMON APPLE SLICES 100% ASSORTED JUICE
16 <u>WINTER RECESS</u> <u>SCHOOL CLOSED</u>	17 <u>WINTER RECESS</u> <u>SCHOOL CLOSED</u>	18 <u>WINTER RECESS</u> <u>SCHOOL CLOSED</u>	19 <u>WINTER RECESS</u> <u>SCHOOL CLOSED</u>	20 <u>WINTER RECESS</u> <u>SCHOOL CLOSED</u>
23 GOLDEN GRAHAMS CEREAL ELF GRAHAMS 100% FRUIT JUICE LOWFAT MILK 	24 PANCAKES WARM SYRUP HAM SLICE 100% ASSORTED JUICE	25 REDUCED SUGAR COCOA PUFFS GRAHAM CRACKERS (2) 100% FRUIT JUICE LOWFAT MILK 	26 HAM, EGG AND CHEESE SANDWICH 100% ASSORTED JUICE	27 ENRICHED MUFFIN GRAHAM CRACKERS (2) FRESH FRUIT LOWFAT MILK 
Beginning in November we will be charging \$1.00 for breakfast We apologize for any inconven- ience this may cause.	