



# PEQUENAKONCK

## Elementary

Student Breakfast – \$2.25

Adult Breakfast - \$3.00 Plus Tax



### All Breakfast's Must Include Choice of:

Fruit, 100% Juice

### And May Include:

1% Low Fat Milk, Skim Milk or Fat Free  
Chocolate

**\*Hormone Free\***

**\* No High Fructose Corn Syrup \***

### Available Daily

**Whole Grain Assorted Muffins,  
Assorted Whole Grain Cereals, Whole  
Grain Bagels, Cinnamon Rolls, Waffles,  
French Toast, Parfaits, Smoothies and  
Egg Sandwiches.  
Apples, Oranges and Bananas**

### Food Service Director

Karen Seikovsky

914-669-5414 ext:2030



This institution is an equal opportunity provider.

**Food Allergies?**  
*If you have a food  
allergy, please speak  
to the manager, chef,  
or your server.*

**9**  
Whole Grain  
Blueberry Waffles  
Apple Wedges  
Fruit Punch Juice  
8oz Milk

Whole Grain  
Pancakes  
Apple Wedges  
Fruit Punch Juice  
8oz Milk

**23**  
Whole Grain  
Pancakes  
Orange Wedges  
Apple Juice  
8oz Milk

**30**  
Whole Grain  
Cinnamon Roll  
Orange Wedges  
Fruit Punch Juice  
8oz Milk

**10**  
Egg and Cheese on  
an English Muffin  
Orange Wedges  
Apple Juice  
8oz Milk

**17**  
Whole Grain Muffin  
Cheese Stick  
Orange Wedges  
Apple Juice  
8oz Milk

**24**  
Whole Grain  
Powered Sugar  
Donut Holes  
Apple Wedges  
Fruit Punch Juice  
8oz Milk

**11**  
Strawberry Yogurt  
Parfait  
Graham Crackers  
Fruit Punch Juice  
8oz Milk

**18**  
Whole Grain  
Cinnamon French  
Toast  
Apple Wedges  
Fruit Punch Juice  
8oz Milk

**25**  
Strawberry  
Smoothie  
Graham Crackers  
Apple Juice  
8oz Milk

**5**  
Turkey Sausage and  
Cheese on a Whole  
Grain English Muffin  
Apple Wedges  
Fruit Punch Juice  
8oz Milk

**12**  
Whole Grain Bagel  
w/Butter or Cream  
Cheese  
Banana  
Apple Juice  
8oz Milk

**19**  
Whole Grain Cereal  
Cheese Stick  
Banana  
Apple Juice  
8oz Milk

**26**  
Whole Grain  
Cinnamon Roll  
Banana  
Apple Juice  
8oz Milk

**6**  
Whole Grain  
Cinnamon Roll  
Orange Wedges  
Apple Juice  
8oz Milk

**13**  
Whole Grain  
Powered Sugar  
Donut Holes  
Orange Wedges  
Fruit Punch Juice  
8oz Milk

**20**  
Whole Grain  
Cinnamon Roll  
Orange Wedges  
Fruit Punch Juice  
8oz Milk

**27**  
Egg and Cheese  
on a Whole Grain  
English Muffin  
Apple Wedges  
Fruit Punch Juice  
8oz Milk