

Menu

Carlisle ISD Elementary Breakfast Menu October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Mealtime Online Cafeteria</u> <u>On-Line Student</u> <u>Information & Payments</u> www.mymealtime.com	<u>Breakfast Choices</u> Choice of Entrée or Toast & Cereal or 2 PCS. Toast Choice of Juice Choice of Milk		1 Muffin & Toast Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	2 Pig-N-Blanket Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice
5 Bagel & String Cheese Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	6 Waffles (2) Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	7 Breakfast Pizza Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	8 Scrambled Eggs & Toast Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	9 Pancake Sausage On Stick Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice
12 Pancakes (2) Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	13 Breakfast Burrito Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	14 Ham Egg Cheese Biscuit Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	15 Breakfast Pizza Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	16 Pig-N-Blanket Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice
19 Breakfast Pocket Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	20 Pancake Sausage On Stick Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	21 Waffles (2) Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	22 Biscuit & Sausage Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	23 Breakfast Pizza Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice
26 Cheese Toast Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	27 Ham & Cheese Biscuit Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	28 Breakfast Burrito Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	29 Pancake Sausage On Stick Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice	30 Pig-N-Blanket Toast & Cereal 2 Pieces Of Toast Choice of Fruit Or Juice

Choice of Milk Offered Daily

Breakfast Prices: PK-12: \$1.50, Reduced: \$.30, Staff & Guests: \$2.00
Extra Breakfast Entree: \$.60

Apples are a great source of fiber
 Protect cut apples from browning by dipping in one part citrus and three parts water
 Phytochemicals are contained in apples which have amazing health benefits
 Lots of variety are grown in the US; about 2500
 Expect to wash a fresh apple with soap and water before eating

Child Nutrition Office: 903-861-3801 x216
 Charlie Combs, Director of Dining Services, Chartwells/Carlisle ISD

