

OCTOBER 2022

Glen Cove School District

BREAKFAST



High School



Milk
1%
Fat free

Fruit

Assorted Fresh Fruit
Fruit cup

OFFERED DAILY:

Assorted Cereal

Juice is Only served 2x a week

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Assorted Muffins
Cheese Stick

4

Assorted
Yogurt & Granola
Craisins

5

No School

6

Fresh Bagels
Cream Cheese & Jelly

7

Egg & Cheese
Sandwich
On a Croissant

10

No School

11

Assorted
Yogurt & Granola
Craisins

12

Fresh Bagels
Cream Cheese & Jelly

13

Waffles
Served with Syrup

14

Egg & Cheese
Sandwich
On a Sweet Roll

17

Assorted Muffins
Cheese Stick

18

Assorted
Yogurt & Granola
Craisins

19

Fresh Bagels
Cream Cheese & Jelly

20

Pancakes
Served with Syrup

21

Egg & Cheese
Sandwich
On a Croissant

24

Assorted Muffins
Cheese Stick

25

Assorted
Yogurt & Granola
Craisins

26

Fresh Bagels
Cream Cheese & Jelly

27

Waffles
Served with Syrup

28

Egg & Cheese
Sandwich
On a Sweet Roll

31

Assorted Muffins
Cheese Stick



1 Free Breakfast Per Student Per Day

Menu Subject to Change!

