Franklin Academy - Breakfast

October 2015

28 side items	**29** side items	**30** side items	**1** **Egg English Muffin Melt** Bacon, Egg & Cheese Breakfast Burrito side items **Assorted Cereal** Assorted Juice, Fresh Banana	**2** **Free Friday** Sausage & Egg English Muffin Melt Egg, Cheese & Sausage Flatbread side items **Assorted Cereal** Assorted Juice, Peaches
5 **Sausage & Egg English Muffin** Cheese Frittata Assorted Cereal side items **Assorted Juice, Fresh Orange Wedges**	**6** **Egg English Muffin Melt** Pancakes with Syrup side items **Assorted Cereal** Assorted Juice, Applesauce	**7** **Sausage & Egg English Muffin Melt** French Toast Sticks with Syrup side items **Assorted Cereal** Assorted Juice, Applesauce	**8** **Egg English Muffin Melt** Bacon, Egg & Cheese Breakfast Burrito side items **Assorted Cereal** Assorted Juice, Fresh Banana	**9** **Sausage & Egg English Muffin Melt** Egg, Cheese & Sausage Flatbread side items **Assorted Cereal** Assorted Juice, Peaches
12 **Columbus Day** No School side items	**13** **Egg English Muffin Melt** Pancakes with Syrup side items **Assorted Cereal** Assorted Juice, Applesauce	**14** **Sausage & Egg English Muffin Melt** French Toast Sticks with Syrup side items **Assorted Cereal** Assorted Juice, Applesauce	**15** **Egg English Muffin Melt** Bacon, Egg & Cheese Breakfast Burrito side items **Assorted Cereal** Assorted Juice, Fresh Banana	**16** **Free Friday** Sausage & Egg English Muffin Melt Egg, Cheese & Sausage Flatbread side items **Assorted Cereal** Assorted Juice, Peaches
19 **Sausage & Egg English Muffin** Cheese Frittata side items **Assorted Cereal** Assorted Juice, Fresh Orange Wedges	**20** **Egg English Muffin Melt** Cheesy Bacon, Egg & Potato Taco side items **Assorted Cereal** Assorted Juice, Pineapples Tidbits	**21** **Sausage & Egg English Muffin Melt** Cheddar Cheese Omelet side items **Assorted Cereal** Assorted Juice, Applesauce	**22** **Egg English Muffin Melt** Pancakes with Syrup side items **Assorted Cereal** Orange Juice, Fresh Banana	**23** **Staff Development Day** No School side items
26 **Sausage & Egg English Muffin** Cheese Frittata side items **Assorted Cereal** Assorted Juice, Fresh Orange Wedges	**27** **Egg English Muffin Melt** Pancakes with Syrup side items **Assorted Cereal** Assorted Juice, Applesauce	**28** **Sausage & Egg English Muffin Melt** French Toast Sticks with Syrup side items **Assorted Cereal** Assorted Juice, Applesauce	**29** **Egg English Muffin Melt** Bacon, Egg & Cheese Breakfast Burrito side items **Assorted Cereal** Assorted Juice, Fresh Banana	**30** **Free Friday** Sausage & Egg English Muffin Melt Egg, Cheese & Sausage Flatbread side items **Assorted Cereal** Assorted Juice, Peaches

Questions? Contact Rick Wilkins
Food Service Director
(518)483-7807 EST.7405

Made with Healthy Whole Grains

Ovo-Lacto Vegetarian, may contain Egg & Milk

Local ingredients are always used when in season

Nutritional Messages may vary by school.

Fresh Fruits Available Daily

District Prices

Student: Breakfast - $1.00 Lunch - $2.10 ----------
Adult: Breakfast $2.30 tax included Lunch $3.85 tax included

Whole Wheat Breads and Bread Products

Milks
1%, Fat Free and Fat Free Chocolate

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