September 2017

Southington High School

BREAKFAST

School Information: Student Breakfast $2.00
Reduced Breakfast: .30

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday	Tuesday	Wednesday	Thursday	Friday
			AUGUST 31, 2017 **First Day of School** Choice of: Egg & Cheese Sandwich, Muffin, Bagel, Cereal or Mini pancakes	1 Choice of: Egg & Cheese Sandwich, Muffin, Bagel, Cereal or Mini pancakes
4 No School Labor Day	5 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini Pancakes	6 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini Pancakes	7 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini Pancakes	8 Choice of: Egg & Cheese Sandwich, Muffin, Bagel, Cereal or Mini pancakes
11 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini Pancakes	12 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini pancakes	13 Choice of Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini pancakes	14 Choice of: Egg & Cheese Sandwich, Muffin Bagel, Cereal or Mini pancakes	15 Choice of: Egg & Cheese Sandwich, Muffin Bagel, Cereal or Min pancakes
18 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini pancakes	19 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini Pancakes	20 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini pancakes	21 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini pancakes	22 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini pancakes
25 Choice of: Egg & Cheese sandwich, Muffin Bagel, Cereal or Mini pancakes	26 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini pancakes	27 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini pancakes	28 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini pancakes	29 Choice of: Egg & Cheese sandwich, Muffin, Bagel, Cereal or Mini pancakes