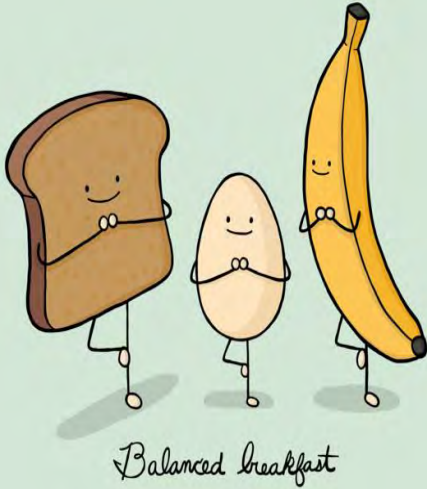




Elmwood Park High School Breakfast

September 2021



What makes a balanced breakfast?

A balanced breakfast requires one ½ c of fruit along with 2 additional items to make a reimbursable meal.

Jumpstart your day with the most important meal of the day!

Breakfast is free!

Breakfast and lunch are **free** for the 2021-2022 school year regardless of income eligibility.

Breakfast will be served in the EPHS cafeteria starting at 7:15 AM daily.

<p>6</p> <p>No School</p>	<p>7</p> <p>Golden Grahams Cereal String Cheese</p> <p>Strawberry Applesauce Orange Juice Milk Variety</p>	<p>8</p> <p>Chocolate Muffin String Cheese</p> <p>Strawberry Applesauce Orange Juice Milk Variety</p>	<p>9</p> <p>Strawberry Crunch Mini Bagel</p> <p>Apple Fruit Juice Milk Variety</p>	<p>10</p> <p>Donut Friday</p> <p>Powdered Sugar Donut Holes</p> <p>Watermelon Craisins Apple Juice Milk Variety</p>
<p>13</p> <p>Mixed Berry French Toast Maple Syrup</p> <p>Orange Apple Juice Milk Variety</p>	<p>14</p> <p>Strawberry Poptart Hard Boiled Egg</p> <p>Apple Fruit Juice Milk Variety</p>	<p>15</p> <p>Egg & Cheese Bagel</p> <p>Applesauce Orange Juice Milk Variety</p>	<p>16</p> <p>Apple Cinnamon Muffin Cheese Cubes</p> <p>Banana Fruit Juice Milk Variety</p>	<p>17</p> <p>Donut Friday</p> <p>WG Cake Donut</p> <p>Strawberry Craisins Apple Juice Milk Variety</p>
<p>20</p> <p>Banana Muffin String Cheese</p> <p>Orange Apple Juice Milk Variety</p>	<p>21</p> <p>Fudge Poptart Creamy Vanilla Yogurt</p> <p>Apple Fruit Juice Milk Variety</p>	<p>22</p> <p>Mini Cinni Roll</p> <p>Strawberry Applesauce Orange Juice Milk Variety</p>	<p>23</p> <p>Confetti Pancakes Maple Syrup</p> <p>Banana Fruit Juice Milk Variety</p>	<p>24</p> <p>Donut Friday</p> <p>Cinnamon Sugar Donut</p> <p>Watermelon Craisins Apple Juice Milk Variety</p>

Breakfast Price

All breakfasts are free for the 2021-2022 school year regardless of income eligibility
Ala Carte Milk: \$0.50

Questions?

Please contact the food service director at 708-583-5463 or visit our food service page on the district website or epcsd.schooldish.com