

Springhurst Elementary School September 2022 Breakfast Menu

Free & Reduced Applications available on DFSD website under meals and other payments.

**Welcome
Back!!!!**

1

2

5

**Labor Day
Schools Closed**

6

**Cheese Omelet
Turkey Bacon
Assorted Cereal
Petite Banana
Orange Juice
Milk**

7

**French Toast Sticks
w/ Syrup
Watermelon Cubes
Assorted WG Muffins
100% Fruit Juice
Milk**

8

**Scrambled Eggs
Chicken Sausage
Apple Slices
Assorted Cereals
100% Apple Juice
Milk**

9

**Apple Frudel Pastry
Stick
Banana Muffin
Graham Crackers
Fresh Grapes
Milk**

12

**French Toast Sticks
w/ Syrup
Turkey Bacon
Orange Smiles
Assorted WG Muffins
100% Apple Juice
Milk**

13

**Sausage, Egg &
Cheese on Bun
Sweet Raisins
Assorted WG
Cereals
Milk**

14

**Scrambled Eggs
Turkey Bacon
Assorted WG
Muffins
Honeydew Melon
100% Apple Juice
Milk**

15

**Waffles w/ Syrup
Assorted WG Cereals
Red Apple
100% Orange Juice
Milk**

16

**Cinnamon Glazed WG
Donut
Blueberry Muffins
Petite Banana
Apple Juice
Milk**

19

**Pancakes w/ syrup
Apple Slices
Assorted WG Muffins
Orange Juice
Milk**

20

**Cheese Omelet
Petite Banana
Apple Juice
Assorted Cereals
Milk**

21

**Scrambled Eggs &
Cheese on English
Muffin
Turkey Bacon
Cantaloupe
Grape Juice
Milk**

22

**Waffles
w/ syrup
Assorted WG Muffins
Apple Sauce
100% OJ
Milk**

23

**Breakfast Pizza
w/Turkey Bacon Egg
& Cheese
Orange Smiles
Apple Juice
Milk**

26

**Rosh Hashanah
Schools Closed**

27

**Rosh Hashanah
Schools Closed**

28

**Sausage Egg &
Cheese Quesadilla
Assorted Cereals
Petite Banana
Grape Juice
Milk**

29

**WG Waffles w/ syrup
Assorted WG
Muffins
Fresh Blueberries
Apple Juice**

30

**Grape Filled
Crescent
Orange Wedges
Apple Juice
Milk**

More info... Daily Breakfast Offerings

Assorted Whole Grain Muffins (Banana, Blueberry, Chocolate Chip)
Yogurt Parfait with Fresh fruit & Granola
WG Reduced Sugar Cereals served with Cheese Stick
Fresh Fruit & 100% Fruit Juice

**. Earn while they learn! Looking for a part time job? Aramark, Dobbs
Ferry's Food Service is now accepting applications! Contact Kathy
Weinborg 914-693-1500 ext 3011.**

More info... Any Questions or Concerns please contact

FSD Kathy Weinborg 914-693-1500 ext: 3011.
"If you have an allergy please speak to the owner, manager,
chef or server."

Springhurst Elementary School

Lunch Menu September 2022

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**Welcome
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2

5

**Labor Day
Schools Closed**

6

Chicken Patty on a
Bun
Sweet Potato Fries
Broccoli
Orange Juice
Red Apple

7

Spaghetti &
Meatballs
Garlic Breadstick
Roast Garden
Vegetables
Petite Banana
Milk

8

French Toast Sticks
w/ Syrup
Hash Brown
Chicken Sausage
Patty
Watermelon Cubes
Milk

9

Cheese Or
Pepperoni
Pizza
Baked Fries
Fresh Cherry
Tomatoes
Raisins

12

Macaroni & Cheese
WG Dinner Roll
Celery Sticks
Applesauce
Milk

13

Chicken Nuggets
Mashed Potatoes w/
Gravy
Baked Beans
Honeydew Melon
Milk

14

Rotini Pasta & Meat
Sauce
Breadstick
Roasted Broccoli
Petite Banana
Milk

15

Chicken Tenders
Tater Tots
Roast Cauliflower
Sweet Grapes
Milk

16

Cheese
Or Pepperoni
Pizza
Black Bean Salad
Red Apple
Milk

19

Pizza Sticks
w/ Tomato Dipping
Sauce
Garlic Breadsticks
Baby Carrots
Apple Slices
Milk

20

Beef & Cheese
Nachos
Mexicali Rice
Kickin Pinto Beans
Red Pepper Strips
Petite Banana
Milk

21

Chicken Patty on a
Bun
Baked Fries
Green Beans
Fresh Blueberries
Milk

22

Italian Meatball Hero
Broccoli Florets
Orange Smiles
Milk

23

Cheese or Pepperoni
Pizza
Dinner Roll
Zucchini
Raisins
Milk

26

**Rosh Hashanah
Schools Closed**

27

**Rosh Hashanah
Schools Closed**

28

Hamburger or
Cheeseburgers
Sweet Potato Fries
Celery Sticks
Raisins
Milk
Vegetarian Burgers
Available

29

Fluffy Pancakes w/
Syrup
Hash Browns
Chicken Sausage
Baby Carrots
Banana

30

Cheese or Pepperoni
Pizza
Tater Tots
Cucumber Slices
Fresh Peach
Milk

More info... Daily Breakfast Offerings

Fruits & Veggies: Local NY Apples, Oranges, Bananas Carrots, Celery, Cucumber and Legume Salad

(P) = Pork

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Daily Information: All meals Served with Choice of 1% milk, Fat Free Milk, Fat Free Chocolate Milk (Antibiotic & Hormone Free)

All Meals Offered with Fresh Fruit, 100% Fruit Juice and WG Dinner Rolls. Leafy Green Salads Served Daily