

DUTCHESS COUNTY BOCES/BETA MENU

BREAKFAST

Center: Student Breakfast \$1.25
 Student Lunch \$2.00
 Reduced \$.25
 Milk \$.50

Beta: Student Breakfast \$1.25
 Student Lunch \$2.25
 Reduced \$.25
 Milk \$.50

DECEMBER, 2009

ALL MEALS INCLUDE MILK, FRUIT AND BREAD IN ACCORDANCE WITH THE NYS CHILD NUTRITION PROGRAM

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 Bagels with cream cheese and Nutragrain bar Total Calories - 390	2 French toast sticks with bacon Total Calories - 370	3 Cold cereal and bananas Total Calories - 290	4 Yogurt and granola bar Total Calories - 490	5
6	7 Ham, egg, cheese breakfast burrito, hash browns Total Calories - 685	8 Oatmeal with apple cinnamon Total Calories - 325	9 French toast sticks with sausage Total Calories - 390	10 Cream of Wheat with strawberries Total Calories - 370	11 Cold cereal and bananas Total Calories - 290	12
13	14 French toast sticks with sausage Total Calories - 370	15 Sausage, egg and cheese on an English muffin Total Calories - 620	16 Cream of Wheat with strawberries Total Calories - 370	17 Bagels with cream cheese and granola bar Total Calories - 390	18 Cold cereal and bananas Total Calories - 290	19
20	21 Ham, egg, cheese breakfast burrito, hash browns Total Calories - 685	22 Oatmeal with maple and brown sugar Total Calories - 425	23 Corned beef hash, egg, cheese breakfast burrito, Total Calories - 650	24 SCHOOL CLOSED	25 SCHOOL CLOSED	26
27	28 SCHOOL CLOSED	29 SCHOOL CLOSED	30 SCHOOL CLOSED	31 SCHOOL CLOSED		

Total calories based on a 2000 calorie a day diet, and assuming your child eats the full meal.

