

# Heck Quaw August/September Breakfast Menu

2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast Prices</b> K-8 \$1.70 9-12 \$1.95 Adults \$2.25 .30 Reduced, .50 Milk		<h1>Eat Smart...Eat Healthy</h1>		<b>Free &amp; Reduced apps</b> available @ each school & Administration office
<h1>Back to School</h1>				<b>Cold Cereal</b> Whole wheat toast Cheese Stick Fresh Fruit Milk
		<b>Cold Cereal</b> Whole wheat toast Yogurt Fresh Fruit Milk	<b>Oatmeal</b> Whole wheat toast Fruit Milk	<b>Ham &amp; Cheese Hashbrowns</b> Whole wheat toast Fresh Fruit Milk
<b>NO SCHOOL</b>  <b>LABOR DAY</b>	<b>Cold Cereal</b> Whole wheat toast Hard Boiled Egg Fruit Milk	<b>French Toast Sticks</b> Ham or Sausage Fresh Fruit Milk	<b>Breakfast Sandwich</b> Hashbrowns Fruit Milk	<b>Cold Cereal</b> Whole wheat toast Cinnamon/Sugar Tortilla Fresh Fruit Milk
<b>Cold Cereal</b> Whole wheat toast Cheese Stick Fruit Milk	<b>Cream of Wheat</b> Whole wheat toast Fresh Fruit Milk	<b>Pancake on a Stick</b> Hashbrowns Toast Fresh Fruit Milk	<b>French Toast</b> Ham or Sausage Fresh Fruit Milk	<b>Cold Cereal</b> Whole wheat toast Cinnamon/Sugar Tortilla Fruit Milk
<b>Oatmeal</b> Whole wheat toast Fresh Fruit Milk	<b>Cold Cereal</b> Whole wheat toast Yogurt Fresh Fruit Milk	<b>Scrambled Eggs</b> Whole wheat toast Hashbrowns Fresh Fruit Milk	<b>Waffle Sticks</b> Ham or Sausage Fresh Fruit Milk	<b>Cold Cereal</b> Whole wheat toast Cinnamon/Sugar Tortilla Fruit Milk
<b>Cold Cereal</b> Whole wheat toast Hard Boiled Egg Fruit Milk	<b>Malto Meal</b> Whole wheat toast Fresh Fruit Milk	<b>Breakfast Burrito</b> Hashbrowns Fresh Fruit Milk		

Nonfat (skim) and low fat (1%) milk are offered daily.  
 This menu meets the Healthier Montana Menu Challenge criteria for School Breakfast.