Bristol Jr./Sr. High School Breakfast Menu

This institution is an equal opportunity provider.

MOO TO YOU, TOO

We hope you enjoy the last sweet days of Summer BERRY much!

CHOICE OF MILK: Served with all complete meals.

FAT FREE CHOCOLATE
FAT FREE WHITE
1% WHITE

WELCOME BACK!
Bacon, Egg, & Cheese Sandwich on WW Bun
Applesauce
100% Fruit Juice
Milk Choice

Wed., September 9

Alternate:
Whole Grain Cereal
Low Fat String Cheese

Thursday, September 10

Whole Grain Muffin
Peaches
100% Fruit Juice
Milk Choice

Alternate:
Whole Grain Cereal
Low Fat String Cheese

Friday, September 11

Whole Grain French Toast Sticks with Syrup
Mixed Fruit
100% Fruit Juice
Milk Choice

Alternate:
Whole Grain Cereal
Low Fat String Cheese

September 11, 2001

In eternal remembrance of the victims, in continued support of their families, and in undying gratitude to the heroes.

We're SO GLAD to see you!
It's going to be a GREAT YEAR and we can't wait to serve your meals!

HOT SUMMER PRICES!

Well, actually these are our regular prices, and they're NOT all the time! Please join us often this year for a great meal at a great price!

Breakfast $1.50
Lunch $3.00

We provide free and reduced price meals ($1.30 for breakfast, $1.40 for lunch) for eligible students. Please call your school for details.
### Monday, September 21
- Bacon, Egg & Cheese on Whole Wheat Bun
- Applesauce
- 100% Fruit Juice
- Milk Choice

### Alternate:
- Whole Grain Cereal
- Low Fat String Cheese

### Tuesday, September 22
- Whole Grain Muffin
- Peaches
- 100% Fruit Juice
- Milk Choice

### Wednesday, September 23
- Whole Grain Pancakes
- Applesauce
- 100% Fruit Juice
- Milk Choice

### Thursday, September 24
- WG Plain or Cinnamon Raisin Bagel with Jelly
- Pineapples
- 100% Fruit Juice
- Milk Choice

### Friday, September 25
- Egg & Cheese Sandwich on Whole Wheat Bun
- Mixed Fruit
- 100% Fruit Juice
- Milk Choice

### Monday, September 28
- WG Breakfast Pizza Bagel
- Applesauce
- 100% Fruit Juice
- Milk Choice

### Alternate:
- Whole Grain Cereal
- Low Fat String Cheese

### Tuesday, September 29
- Whole Grain Cereal Bar
- Peaches
- 100% Fruit Juice
- Milk Choice

### Wednesday, September 30
- WG French Toast Sticks with Syrup
- Applesauce
- 100% Fruit Juice
- Milk Choice

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### What’s on Your Plate?

**Brain Ticklers**

**What is the most important use of cowhide throughout the world?**

(Hold the page upside down and read it in a mirror for the answer!)

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**Nutrition Togo**

Despite persistent urban legends to the contrary, eating a watermelon seed will not cause a plant to sprout in your stomach! And, anyway, most of the watermelons sold today are seedless. That’s too bad – the seeds roasted with a little olive oil and salt are a crunchy snack loaded with protein and other nutritious goodies!

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**I am the letter P**

**peach**

Johnny Appleseed’s real name was John Chapman. He was born on September 26, 1774. He was a “nurseryman,” someone who plants and tends trees. He got his nickname by introducing the apple tree to large parts of Ohio, Indiana, and Illinois.