

Ferndale Area Fitness and Wellness Program

NOVEMBER 2009

Breakfast Menu *Menu is Subject to Change*

Mon	Tue	Wed	Thu	Fri
2 No School Parent/Teacher Conference	3 Cinnamon Glazed Toast Juice Milk	4 Cereal Chocolate Animal Crackers Juice Milk	5 Yogurt Giant Gold Fish Graham Juice Milk	6 No K4 School Bagel Cereal Juice Milk
9 Cereal Pop Tart Juice Milk	10 Egg & Cheese Biscuit Juice Milk	11 No School Veterans Day	12 English Muffin Cereal Juice Milk	13 No K4 School Cereal Grahams Crackers Juice Milk
16 Super Bun Cereal Juice Milk	17 Piggle Stick w/Syrup Juice Milk	18 Cereal Toast Juice Milk	19 Cinnamon Glazed Toast Juice Milk	20 No K4 School Dolphin Crackers Cereal Juice Milk
23 Peanut Butter & Jelly Uncrustable Juice Milk	24 Egg & Cheese Omelet Toast Juice Milk	25 Cereal Iced Animal Crackers Juice Milk	26 No School Thanksgiving Vacation	27 No School Thanksgiving Vacation
30 No School Thanksgiving Vacation				

***ELEMENTARY BREAKFAST IS SERVED UNTIL 8:25

***BREAKFAST MENU IS SUBJECT TO CHANGE

DISTRICT'S HOMEPAGE IS: <http://fasdk12.org>

District Breakfast and Lunch Prices

Elementary Breakfast: \$0.60
 Elementary Lunch: \$1.25
 Reduced Breakfast: \$0.30
 Reduced Lunch: \$0.40
 Milk: \$0.35

High School Breakfast: \$0.60
 High School Lunch: \$1.40
 Reduced Breakfast: \$0.30
 Reduced Lunch: \$0.40
 Milk: \$0.35