

## Regional School District # 4



### John Winthrop Middle School & Valley Regional High School



## May 2024 Breakfast Menu

### BREAKFAST IS AVAILABLE AT ALL SCHOOLS.

All our Schools are offering FREE Breakfast to all students.

The student account will be charged with any second meals or a la carte items.

**MONDAY** – Warm French Toast Sticks with Syrup

**TUESDAY** – Sausage, Egg & Cheese on an English Muffin

**WEDNESDAY** – Warm Pancakes with Assorted Toppings

**THURSDAY** – Croissant with Ham, Egg and Cheese

**FRIDAY** – Warm Cinnamon Roll

### Daily Alternatives:

Variety of Cold Cereal with Graham Crackers

Homemade Fruit & Yogurt Smoothies

Variety of warm Flavored Muffins or Breakfast Breads

Warm Bagel with Cream Cheese

### Daily Sides:

Fresh or Chilled Fruit and Chocolate or 1% Milk  
offered with any breakfast Purchase

Please take at least 1 fruit with every meal!!

### **NOW HIRING!! Come work with us**

#### Added benefits:

- No nights
- No weekends
- No holidays
- School hours
- Gain experience

**Work while your children are in school, join a great team and earn competitive wages**

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**School Breakfast is offered free of charge for all students  
at Chester, Deep River and Essex Elementary Schools and Region 4 Schools.  
This benefit applies to all in-school students regardless of their meal status.**

Fat-Free Chocolate & 1% Low-Fat Available Daily with Breakfast or \$0.50 a la carte.

Our menus follow dietary guidelines for reduced fat, salt and sugar while increasing whole grains, fruits and vegetables.

As part of a balanced breakfast, Fruit or Fruit Juice and Fat Free or Low-Fat Milk are offered daily. All Bread items are Whole Grain.

Menu Subject to change without advance notice

For suggestions and questions about School Lunch Program please call 860-526-9546 ext. 1420 **ext. 1420**