

## Regional School District # 4



John Winthrop Middle School  
&  
Valley Regional High School



## October 2022 Breakfast Menu

**BREAKFAST IS AVAILABLE AT ALL SCHOOLS.**  
**COME JOIN US FOR THE MOST IMPORTANT MEAL OF THE DAY**

**Our Schools are offering FREE Breakfast and FREE Lunch to all students.  
Any second meals or a la carte items will be charged to the students account.**

**MONDAY** – 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!!

**Make** the  
**Grade**  
with SCHOOL BREAKFAST

**School breakfast and lunch will be free 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 Wheat.

Menu Subject to change without advance notice.

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