

Cassadaga Valley Middle/High School

OCTOBER 2024 BREAKFAST

All students eat free!

MENU SUBJECT TO CHANGE!



For a complete meal, students must choose one fruit or juice serving.

Questions about the CVCS Cafeteria? Call 962-8581 x1507.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza or Breakfast Pastry	Breakfast Sandwich or Breakfast Pastry	Smoothie or Breakfast Pastry	Breakfast Burrito or Breakfast Pastry	Breakfast Bowl or Breakfast Pastry

Available Daily:

- Fresh Fruit
- Fruit Juice
- Chilled Fruit Cups
- Assorted Muffins
- Assorted Cereal
- Breakfast Bars
- Cold Milk
- Warm Buttered Bagel

Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Have better concentration
- Be more alert
- Retain more of what they learn
- Participate in class
- Drink more milk and eat more fruit daily
- Maintain a healthy weight