

MENU

Mayfield CSD

JULY

30	1	2	3	4 No Service 4 th of July 
7 UBR Cinnamon Breakfast Bar Applesauce Cup 100% Juice Cup Low fat Milk	8 Whole Grain Muffin (2oz) Raisins 100% Juice Cup Low fat Milk	9 Cereal Cup Choice Grahams or Sting choice 100% Juice Cup Low fat Milk Fresh Fruit Choice	10 Yogurt Cup (4oz) Cinnamon Granola (1oz) Fresh Fruit Choice 100% Juice Cup Low fat Milk	11 Bagel w/Cream Fresh Fruit Choice 100% Juice Cup Low fat Milk
14 Bakery Sweet Bread Raisins 100 % Fruit Juice Low Fat Milk	15 Cinni Mini Pastry Fresh Fruit Choice 100% Juice Cup Low Fat Milk	16 Cereal Cup Choice Grahams or Sting choice 100% Juice Cup Low fat Milk Fresh Fruit Choice	17 IW Belgain Waffle Applesauce Cup 100% Juice Cup Low fat Milk	18 Mini Pancake Fresh Fruit Choice 100% Juice Cup Low Fat Milk
21 UBR Cinnamon Breakfast Bar Applesauce Cup 100% Juice Cup Lowfat Milk	22 Whole Grain Muffin (2oz) Raisins 100% Juice Cup Low fat Milk	23 Cereal Cup Choice Grahams or Sting choice 100% Juice Cup Low fat Milk Fresh Fruit Choice	24 Yogurt Cup (4oz) Cinnamon Granola (1oz) Fresh Fruit Choice 100% Juice Cup Low fat Milk	25 Bagel w/Cream Cheese Fresh Fruit Choice 100% Juice Cup Low fat Milk
28 Bakery Sweet Bread Raisins 100 % Fruit Juice Low Fat Milk	29 Cinni Mini Pastry Fresh Fruit Choice 100% Juice Cup Low Fat Milk	30 Cereal Cup Choice Grahams or Sting choice 100% Juice Cup Low fat Milk Fresh Fruit Choice	31 IW Belgain Waffle Applesauce Cup 100% Juice Cup Low fat Milk	

Daily Alternative Breakfast
Cereal Cup w/Graham Cracker or String Cheese
Fruit of the Day
Lowfat Milk

Menu is subject to change.
Notice is posted when available.

In collaboration with
CAPITAL REGION
BOCES
SHARED FOOD SERVICE PROGRAM