

**BREAKFAST MENU FOR  
SEPTEMBER 2024**

(subject to change)

**Monday** - French toast or bagel with cream cheese.

**Tuesday** - Bagel with cream cheese and sausage.

**Wednesday** - Breakfast pizza or bagel with cream cheese.

**Thursday** - Pancakes and sausage (ES) or bagel with cream cheese and sausage.

**Friday** - Egg muffin with ham or sausage and cheese or bagel with cream cheese.

Cereal, toast, fresh fruit and yogurt are available daily at ES and MS-HS.

**All breakfasts include milk and juice. Students must take a fruit or vegetable.**

**LUNCH**

**Sandwiches available daily:**

Peanut butter and jelly, tuna, ham, turkey, cheese and egg salad (subject to change)

**Salad bar available daily at MS-HS**

Hummus or legumes

Fresh fruit, vegetables and milk are available with lunch daily at the ES and MS-HS.

Gluten-free options are available daily.

**LUNCH MENU FOR SEPTEMBER 2024**

(subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <i>Labor Day</i> 	<b>3</b> <i>Staff Development Day</i>	<b>4</b> Chicken patty on bun Corn Fruit and milk	<b>5</b> Individual pizza Tossed salad Fruit and milk	<b>6</b> Mac and cheese Broccoli Fruit and milk
<b>9</b> Pizza crunchers Marinara Fruit and milk	<b>10</b> Walking tacos Refried beans Fruit and milk	<b>11</b> Hamburger or Cheeseburger on bun French fries Fruit and milk	<b>12</b> Pizza Tossed salad Fruit and milk	<b>13</b> Popcorn chicken Green beans Fruit and milk
<b>16</b> Spaghetti and Meatballs Broccoli Fruit and milk	<b>17</b> Brunch for Lunch French toast sticks Syrup Hashbrown Sausage patty Fruit and milk	<b>18</b> Chicken nuggets Corn Fruit and milk	<b>19</b> Pizza Tossed salad Fruit and milk	<b>20</b> Grilled cheese Tomato soup Fruit and milk
<b>23</b> Mozzarella sticks Marinara Fruit and milk	<b>24</b> Tacos Soft or hard shell Meat, lettuce, cheese, salsa Black beans Fruit and milk	<b>25</b> Chicken tenders Tater tots Fruit and milk	<b>26</b> Stuffed crust pizza Tossed salad Fruit and milk	<b>27</b> Hamburger or Cheeseburger on bun Green beans Fruit and milk
<b>30</b> Hot dog on bun Baked beans Fruit and milk	<b>W e l c o m e B a c k !</b>			

**For a complete meal, you must take a minimum of three items. One item must be a fruit or vegetable.**

Mrs. Marion Carr, Cafeteria Manager for the Middle School-High School and Elementary School  
(315) 683-5327 or [mcarr@fabiuspompey.org](mailto:mcarr@fabiuspompey.org)

**Ala Carte Prices 2024-2025**

Item:	Cost:
 Breakfast Entrée	\$ 1.85
 Lunch Entrée	\$ 2.25
Fruit roll-up	\$ 0.80
Fruit/Veg Side 4oz.	\$ 0.60
Graham Cracker/Scooby	\$ 0.75
Granola Bar	\$ 1.00
 Ice Cream Cone	\$ 1.25
Ice Cream Stick	\$ 1.00
Juice Cup 4 oz.	\$ 0.60
Milk Carton, any flavor 8 Oz.	\$ 0.75
Mott's Fruit Snack	\$ 1.00
Rice Krispy Treat	\$ 1.00
Snack Chips	\$ 0.80
 Water	\$ 1.25

**COMMUNITY ELIGIBILITY PROVISION**

*Implemented in the 2024-2025 School Year*

**All students in grades Pre-K through 12 will receive breakfast and lunch at no cost.**

**Additional entrees and ala carte items are subject to the prices on the ala carte price list.**

**Please complete the Community Eligibility Provision (CEP) / Provision 2 Non-Base Year Household Income Eligibility Form if you qualify for free and reduced school meals.** Please return your completed application for the 2024-2025 school year to Mrs. Carr. An application is provided in this newsletter or can be found on the Cafeteria page of the District website.

**ONLINE PAYMENT FOR LUNCH ACCOUNTS**

Payments for lunch accounts can be made online at [myschoolbucks.com](https://myschoolbucks.com). A student ID number is necessary to make a payment and can be obtained from the cafeteria.