

Regional School District # 4



John Winthrop Middle School
&
Valley Regional High School



April 2024 Breakfast Menu

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

All of our Schools are offering FREE Breakfast to all students.
Any second meals or a la carte items will be charged to the students account.

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!!



**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