

February 2019

Punxsutawney Area School District
Elementary School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Try out our new interactive food tray on www.schoolcafe.com . You can make a tray from the menu of the day to see nutritional information.				1 Mini Chocolate Donuts Apple Wedges Frozen Strawberry Mango Sidekick Milk
4 Mid Winter Vacation No School!	5 Jurassic World Graham Crackers Apple Wedges Juice Box Milk	6 Iced Sweet Roll Peach Cup Juice Box Milk	7 Pop tart Banana Juice Box Milk	8 Mini Cinni Strawberry Cup Juice Box Milk
11 Cinnamon Toast Crunch Cereal Bar Craisins Juice Box Milk	12 Fruit Strudel Applesauce Cup Juice Box Milk	13 Mini Powdered Donuts Apple Wedges Juice Box Milk	14 Pop tart Banana Juice Box Milk	15 Mini Maple Waffles Apple Wedges Frozen Raspberry Lemon Sidekick Milk
18 Cocoa Puff Cereal Bar Craisins Juice Box Milk	19 Mini French Toast Applesauce Juice Box Milk	20 Mini Cinnis Apple Wedges Juice Box Milk	21 Blueberry Muffin Banana Juice Box Milk	22 Chocolate Chip Crumb Cake Apple Wedges Frozen Strawberry Kiwi Sidekick Milk
25 Mini Chocolate Chip Cookies w/Yogurt Craisins Juicy Juice Box Milk	26 Rice Krispie Treat Applesauce Juicy Juice Box Milk	27 Iced Sweet Roll Apple Wedges Juicy Juice Box Milk	28 Scooby Doo Graham Crackers Banana Juicy Juice Box Milk	

Elementary Students eat breakfast at no cost!



Healthy Tip of the Month

Cut back on sugary drinks. Some soft drinks have as much as 10 teaspoons of sugar in one can! Drink water when you're thirsty. Sipping water and cutting back on cakes, candies and sweets helps to maintain a healthy weight.

In order to qualify for a reimbursable breakfast, you must choose all items listed on the menu.
Protein/Bread
 Biscuit, Roll, Muffin, French Toast, Pancakes, Cereal, Lean Meat, Fish, Cheese, Peanut Butter, Large Egg, Cooked Dried Beans or Peas, Nuts, Seeds, etc.
Juice/Fruit/Vegetable
 Fruit Juice, Vegetable Juice, Fresh Fruit and Fresh Vegetables
Milk
 Low Fat Milk, Fat Free Flavored Milk

Menu Subject To Change
Students must take all food items

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