

December 2018

Punxsutawney Area School District  
Elementary School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Jurassic World Graham Crackers Apple Wedges Juice Box Milk	4 Mini Pancakes Applesauce Cup Juice Box Milk	5 Iced Sweet Roll Peach Cup Juice Box Milk	6 Pop tart Banana Juice Box Milk	7 Mini Cinni Strawberry Cup Juice Box Milk
10 Cinnamon Toast Crunch Cereal Bar Craisins Juice Box Milk	11 Fruit Strudel Applesauce Cup Juice Box Milk	12 Mini Powdered Donuts Apple Wedges Juice Box Milk	13 Pop tart Banana Juice Box Milk	14 Mini Maple Waffles Apple Wedges Frozen Raspberry Lemon Sidekick Milk
17 Cocoa Puff Cereal Bar Craisins Juice Box Milk	18 Mini Cinnamon French Toast Applesauce Cup Juice Box Milk	19 Mini Cinnis Apple Wedges Juice Box Milk	20 Blueberry Muffin Banana Juice Box Milk	21 Chocolate Chip Crumb Cake Apple Wedges Frozen Strawberry Kiwi Sidekick Milk
24	25	26 		27
28	31 Happy New Year! 	Try out our new interactive food tray on <a href="http://www.schoolcafe.com">www.schoolcafe.com</a> . You can make a tray from the menu of the day to see nutritional information.		

**Elementary Students eat breakfast at no cost!**



**Healthy Tip of the Month**

Remember the real reason for the season. Eat, be merry and enjoy yourself, but remember that holidays aren't all about the food. Step away from the table and enjoy all the other things the season has to offer: faith, family, friendship, LOVE, reflection, decorating, relaxation, etc.

- 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

*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) E-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.*

