



## Start Your Day With a Great Breakfast!

Choice of Fruit Choice of Milk Choice of Fruit Choice of Milk

### What is a Meal?

At least 3 items

One must be a 1/2 cup of fruit

### What is an Item?

Grain or Grain/Protein

Choice of Fruit

Choice of Milk

1% white, fat-free white, chocolate, vanilla, and strawberry

### Daily Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges, 100% Fruit Juice

### Other Daily Options May Include:

Whole Grain Breakfast Bars

Whole Grain Cereal

Cinnamon Toast Crunch

Cocoa Puffs

Reese's Puffs

Fruit Loops

### Breakfast Prices:

Student \$1.00

Reduced \$.30

Adult \$2.10



### Heather Reimer

General Manager

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>HELP WANTED</b></p> <p>Cafeteria Staff Needed Weekends, Holidays &amp; Summers off!!!</p> <p>For more information call: <b>(814) 505-1512</b></p>				<p>1</p> <p><b>NO SCHOOL</b></p> <p><b>SECONDARY CONFERENCE</b></p>
<p>4</p> <p><b>Rainbow Glazed Donuts</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>5</p> <p><b>Ham, Egg &amp; Cheese on a Bagel</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>6</p> <p><b>French Toast Sticks</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>7</p> <p><b>Sausage, Egg &amp; Cheese Sandwich</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>8</p> <p><b>Waffles with Bacon</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>11</p> <p><b>Rainbow Glazed Donuts</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>12</p> <p><b>French Toast Griddle</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>13</p> <p><b>Breakfast Pizza</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>14</p> <p><b>Bacon, Egg and Cheese Croissant</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>15</p> <p><b>Cheese Omelet with Toast</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>18</p> <p><b>Rainbow Glazed Donuts</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>19</p> <p><b>Ham, Egg &amp; Cheese on a Bagel</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>20</p> <p><b>French Toast Sticks</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>21</p> <p><b>Sausage, Egg &amp; Cheese Sandwich</b></p> <p>Choice of Fruit &amp; Milk</p> 	<p>22</p> <p><b>Waffles with Bacon</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>
<p>25</p> <p><b>Rainbow Glazed Donuts</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>26</p> <p><b>French Toast Griddle</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>27</p> <p><b>Breakfast Pizza</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>28</p> <p><b>Bacon, Egg &amp; Cheese Croissant</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>	<p>29</p> <p><b>Cheese Omelet with Toast</b></p> <p>Choice of Fruit</p> <p>Choice of Milk</p>