



June 2019

Punxsutawney Area School District
High School Breakfast Menu

High School Students eat breakfast at no cost!



Healthy Tip of the Month

Get the most out of your salad. Not all salads are healthy, especially at restaurants. Salads loaded with dressing, cheese and fried chicken are also loaded with calories and fat. But healthy salads don't have to be boring. Pick the ones with a lot of different vegetables for more disease-fighting nutrients. Top it off with lean protein like grilled chicken, fish or beans.

In order to qualify for a reimbursable breakfast, you must choose three or four items from the following groups:
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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Bagel w/Cream Cheese Or Pop tart w/Cereal Or Fruit Smoothie Apple Wedges Pineapple Fruit Juice & Milk	4 Mini Pancakes w/Syrup Sausage Patty Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	5 Funnel Cake Or Pop tart w/Cereal Or Breakfast Pizza Craisins Peaches Fruit Juice & Milk	6 Breakfast Banana Split Or Pop tart w/Cereal Banana Apple Wedges Fruit Juice & Milk	7 Scrambled Eggs, Bacon & Toast Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
10 Glazed Donut Or Poptart w/Cereal Or Sweet Roll w/Yogurt Peaches Apple Wedges Fruit Juice & Milk	11 Breakfast Pizza Or Pop Tart w/Cereal Or Breakfast Sandwich Pineapple Apple Wedges Fruit Juice & Milk	12 Hot Oatmeal w/Toppings Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	13 French Toast Sticks w/Sausage Or Pop tart w/Cereal Or PB&J Apple Wedges/Pears Fruit Juice & Milk	14 Funnel Cake Ala Mode Or Cereal w/Poptart Assorted Fruit Fruit Juice & Milk
17 Ham, Egg & Cheese Croissant Or Pop Tart w/Cereal Pears Apple Wedges Fruit Juice & Milk	18 Funnel Cake Or Poptart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	19 Cook's Choice Cook's Choice Fruit Fruit Juice & Milk	20	21
24	25	26	27	28
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>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.</p> </div>				

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, 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. This institution is an equal opportunity provider.

