



What makes a complete breakfast?

At least 3 of the following items.
 One must be a 1/2 cup of fruit.
 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

Breakfast Prices:

Student \$1.00
 Reduced \$.30
 Adult \$2.10

Heather Reimer

General Manager
 814-946-8271
 hreimer@aasdcad.com

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <p>26</p> <p>Rainbow Glazed Donuts</p> <p>Choice of Fruit</p> <p>Choice of Milk</p>  | <p>27</p> <p>Cheese Omelete Sausage & Toast</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>28</p> <p>Breakfast Pizza</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>29</p> <p>Ham, Egg & Cheese Croissant</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>30</p> <p>Pancakes with Bacon</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> |
| <p>2</p> <p>NO SCHOOL</p>  | <p>3</p> <p>Ham, Egg & Cheese On a Bagel</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>4</p> <p>French Toast Griddle</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>5</p> <p>Sausage, Egg & Cheese Sandwich</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>6</p> <p>Waffles with Bacon</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> |
| <p>9</p> <p>Rainbow Glazed Donuts</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>10</p> <p>Cheese Omelet Sausage & Toast</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>11</p> <p>Breakfast Pizza</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>12</p> <p>Ham, Egg & Cheese Croissant</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>13</p> <p>Pancakes with Bacon</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> |
| <p>16</p> <p>Rainbow Glazed Donuts</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>17</p> <p>Ham, Egg & Cheese On a Bagel</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>18</p> <p>French Toast Griddle</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>19</p> <p>Sausage, Egg & Cheese Sandwich</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>20</p> <p>No School In Service</p>  |
| <p>23</p> <p>Rainbow Glazed Donuts</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>24</p> <p>Cheese Omelet Sausage & Toast</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>25</p> <p>Breakfast Pizza</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>26</p> <p>Ham, Egg & Cheese Croissant</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> | <p>27</p> <p>Pancakes with Bacon</p> <p>Choice of Fruit</p> <p>Choice of Milk</p> |