



Start Your Day With a Great Breakfast!

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
814-946-8271
hreimer@asdc.com

USDA is an equal opportunity
provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HELP WANTED Cafeteria Staff Needed Weekends, Holidays & Summers off!!! For more information call: (814) 505-1512</p>				<p>1 Assorted Cereals Fruit or Juice Milk</p>
<p>4 French Toast Sticks Fruit or Juice Milk</p>	<p>5 Waffles Fruit or Juice Milk</p>	<p>6 Scrambled Eggs with Toast Fruit or Juice Milk</p>	<p>7 Egg & Cheese Sandwich Fruit or Juice Milk</p>	<p>8 Assorted Cereals Fruit or Juice Milk</p>
<p>11 French Toast Sticks Fruit or Juice Milk</p>	<p>12 Pancakes Fruit or Juice Milk</p>	<p>13 Breakfast Pizza Fruit or Juice Milk</p>	<p>14 Egg and Cheese Bagel Fruit or Juice Milk</p>	<p>15 Assorted Cereals Fruit or Juice Milk</p>
<p>18 French Toast Sticks Fruit or Juice Milk</p>	<p>19 Waffles Fruit or Juice Milk</p>	<p>20 Scrambled Eggs Fruit or Juice Milk</p>	<p>21 Egg & Cheese Sandwich Fruit or Juice Milk</p>	<p>22 Assorted Cereals Fruit or Juice Milk</p>
LEX - NO SCHOOL				
<p>25 French Toast Sticks Fruit or Juice Milk</p>	<p>26 Pancakes Fruit or Juice Milk</p>	<p>27 Breakfast Pizza Fruit or Juice Milk</p>	<p>28 Egg & Cheese Bagel Fruit or Juice Milk</p>	<p>29 Assorted Cereals Fruit or Juice Milk</p>