



Tuscarora October 2019 Breakfast Menu



**WHOLE GRAIN CEREAL SELECTION MAY INCLUDE:**

Cinnamon Toast Crunch  
Trix  
Cocoa Puffs  
Fruity Cheerios  
Rice Crunch  
Kix  
Cheerios  
Fruit Loops  
Frosted Flakes

**SOME SELECTIONS ARE REDUCED SUGAR!**

Monday	Tuesday	Wednesday	Thursday	Friday
	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
a	<b>BREAKFAST PIZZA</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>HOTCAKES W/ SYRUP</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>WAFFLE SYRUP</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>STEAK, EGG, AND CHEESE CROISSANT</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
<b>FUNNEL CAKE</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>SOFT PRETZEL W/ CHEESE-STICK</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>YOGURT PARFAIT WITH TOAST &amp; SPREADS</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>FRENCH TOAST STICKS WITH SYRUP</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>SAUSAGE EGG AND CHEESE BISCUIT</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
<b>In Service Day</b>  No Classes	<b>Act 80 Day</b>  NO Classes	<b>HOT OATMEAL W/ CRAISINS</b> or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>WAFFLE WITH SYRUP</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>STEAK, EGG, AND CHEESE SANDWICH</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
<b>HOT APPLE STRUDEL</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>SOFT PRETZEL W/ CHEESE STICK</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>YOGURT PARFAIT WITH TOAST &amp; SPREADS</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>FRENCH TOAST STICKS WITH SYRUP</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>SAUSAGE, EGG, AND CHEESE SANDWICH</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
<b>PANCAKE AND SAUSAGE ON A STICK</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>BREAKFAST PIZZA</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>SCRAMBLED EGGS W/ TOAST AND SPREADS</b> or Assorted Cereals Status Letter  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>WAFFLES WITH SYRUP</b> or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	or Assorted Cereals Toast w/ Spreads  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk

**What is a Meal?**  
You must choose at least 3 of 4 components available, 1 of which must be a serving of fruit, for the school breakfast price.

Choice of grain or grain/protein, choice of fruit, and choice of milk  
1% White, Fat Free White  
Fat Free Chocolate  
Fat Free Vanilla,

**FRUIT MAY INCLUDE**  
choose 1 serving of:  
Canned peaches, applesauce, canned pears, canned pineapple, fruit cocktail, canned mandarin oranges, 100% juice, fresh fruit selection



**Contact Info**  
Adam Carlson, Foodservice Director  
717 328 3127 ext 2814  
adam.carlson@tus.k12.pa.us

Ann Lewis, Foodservice Secretary  
717 328 3127 ext 2815  
Ann.Lewis@tus.k12.pa.us

**Secondary Paid Breakfast \$1.65 Elementary Paid Breakfast \$1.55 Student Reduced Breakfast \$0.30**

**To Deposit \$\$ or check your child's account online go to [www.myschoolbucks.com](http://www.myschoolbucks.com)**