



December 2018

Punxsutawney Area School District
High School Breakfast Menu

High School Students eat breakfast at no cost!



Healthy Tip of the Month

Remember the real reason for the season. Eat, be merry and enjoy yourself, but remember that holidays aren't all about the food. Step away from the table and enjoy all the other things the season has to offer: faith, family, friendship, LOVE, reflection, decorating, relaxation, etc.

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 Fried Eggs, Bacon & Toast Or Pop tart w/Cereal Pineapple Apple Wedges Fruit Juice & Milk	4 Breakfast Pizza Or Breakfast Sandwich Peaches Apple Wedges Fruit Juice & Milk	5 French Toast Sticks w/ Sausage Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Choice & Milk	6 Funnel Cake Or Pop Tart w/Cereal Or PB&J Sandwich Pears Apple Wedges Fruit Juice & Milk	7 Sweet Roll w/Yogurt Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
10 Bagel w/Cream Cheese Or Pop tart w/Cereal Or Fruit Smoothie Apple Wedges Pineapple Fruit Juice & Milk	11 Mini Pancakes w/Syrup Sausage Patty Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	12 Funnel Cake Or Pop tart w/Cereal Or Breakfast Pizza Craisins Peaches Fruit Juice & Milk	13 Breakfast Banana Split Or Pop tart w/Cereal Banana Apple Wedges Fruit Juice & Milk	14 Scrambled Eggs, Bacon & Toast Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
17 Glazed Donut Or Sweet Roll w/Yogurt Or Pop tart w/Cereal Peaches Apple Wedges Fruit Juice & Milk	18 Breakfast Pizza Or Pop Tart w/Cereal Pineapple Apple Wedges Fruit Juice & Milk	19 Fried Eggs, Bacon & Toast Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	20 French Toast Sticks w/ Sausage Or Pop tart w/Cereal Or PB&J Apple Wedges/Pears Fruit Juice & Milk	21 Funnel Cake Ala Mode Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
24	25	26, 27, 28 		
31 Happy New Year! 	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.			

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