



Tuscarora September 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
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
Labor Day Schools Closed	BREAKFAST PIZZA or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	HOT OATMEAL W/ CRAISINS or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	WAFFLE WITH SYRUP or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	STEAK, EGG, AND CHEESE SANDWICH or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
HOT APPLE STRUDEL or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	SOFT PRETZEL W/ CHEESE STICK or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	YOGURT PARFAIT WITH TOAST & SPREADS or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	FRENCH TOAST STICKS WITH SYRUP or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	SAUSAGE, EGG, AND CHEESE SANDWICH or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
APPLE OR RASPBERRY FRUIT CHURROS or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	BREAKFAST PIZZA or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	SCRAMBLED EGGS W/ TOAST AND SPREADS or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	WAFFLES WITH SYRUP or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	HAM, EGG, AND CHEESE CROISSANT or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
HOT CHERRY STRUDEL or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	HOT OATMEAL W/ CRAISINS or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	YOGURT PARFAIT WITH TOAST & SPREADS or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	FRENCH TOAST STICKS WITH SYRUP or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Sausage, Egg, and Cheese on a Bun or Assorted Cereals Toast w/ Spreads Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
APPLE OR RASPBERRY FRUIT CHURROS 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



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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