



January 2019

Punxsutawney Area School District
High School Breakfast Menu

High School Students eat breakfast at no cost!



Healthy Tip of the Month

When the cafeteria has your favorite foods daily, it can be easy to return to those old favorites every day. Changing up your diet from day to day is an important part of good nutrition. So take advantage of the variety of selections available to you.

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
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.		1 Pancake & Sausage on a Stick w/Sryup Or Poptart w/Cereal Or Yogurt Smoothie Craisins/Peaches Fruit Choice & Milk	2 Glazed Donut Or Pop Tart w/Cereal Banana Apple Wedges Fruit Juice & Milk	3 Scrambled Eggs w/Bacon & Toast Or Poptart w/Cereal Assorted Fruit Fruit Juice & Milk
7 Fried Eggs, Bacon & Toast Or Pop tart w/Cereal Pineapple Apple Wedges Fruit Juice & Milk	8 Breakfast Pizza Or Breakfast Sandwich Peaches Apple Wedges Fruit Juice & Milk	9 French Toast Sticks w/ Sausage Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Choice & Milk	10 Funnel Cake Or Pop Tart w/Cereal Or PB&J Sandwich Pears Apple Wedges Fruit Juice & Milk	11 Sweet Roll w/Yogurt Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
14 Bagel w/Cream Cheese Or Pop tart w/Cereal Or Fruit Smoothie Apple Wedges Pineapple Fruit Juice & Milk	15 Mini Pancakes w/Syrup Sausage Patty Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	16 Funnel Cake Or Pop tart w/Cereal Or Breakfast Pizza Craisins Peaches Fruit Juice & Milk	17 Breakfast Banana Split Or Pop tart w/Cereal Banana Apple Wedges Fruit Juice & Milk	18 Scrambled Eggs, Bacon & Toast Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
21 Teacher In-Service No School	22 Breakfast Pizza Or Pop Tart w/Cereal Pineapple Apple Wedges Fruit Juice & Milk	23 Fried Eggs, Bacon & Toast Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	24 French Toast Sticks w/ Sausage Or Pop tart w/Cereal Or PB&J Apple Wedges/Pears Fruit Juice & Milk	25 Funnel Cake Ala Mode Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
28 Ham, Egg & Cheese Croissant Or Poptart w/Cereal Pears Apple Wedges Fruit Juice & Milk	29 Funnel Cake Or Poptart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	30 Pancake & Sausage on a Stick w/Sryup Or Poptart w/Cereal Or Yogurt Smoothie Craisins/Peaches Fruit Choice & Milk	31 Glazed Donut Or Pop Tart w/Cereal Banana Apple Wedges Fruit Juice & Milk	

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