



March 2019

Punxsutawney Area School District
High School Breakfast Menu

High School Students eat breakfast at no cost!



Healthy Tip of the Month

Consider becoming an early bird. Studies have shown that people who wake up earlier are healthier than those night owls who snooze the morning away. Taking advantage of the morning light will also give you a good dose of needed vitamin D.

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
<p>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.</p>				<p>1 Scrambled Eggs w/Bacon & Toast Or Poptart w/Cereal Assorted Fruit Fruit Juice & Milk</p>
<p>4 Strawberry Shortcake Or Pop Tart w/Cereal Pineapple Apple Wedges Fruit Juice & Milk</p>	<p>5 Breakfast Pizza Or Pop Tart w/Cereal Or Breakfast Sandwich Peaches Apple Wedges Fruit Juice & Milk</p>	<p>6 Funnel Cake Or Pop Tart w/Cereal Or PB&J Sandwich Pears Apple Wedges Fruit Juice & Milk</p>	<p>7 French Toast Sticks w/ Sausage Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Choice & Milk</p>	<p>8 Sweet Roll w/Yogurt Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk</p>
<p>11 Bagel w/Cream Cheese Or Pop tart w/Cereal Or Fruit Smoothie Apple Wedges Pineapple Fruit Juice & Milk</p>	<p>12 Mini Pancakes w/Syrup Sausage Patty Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk</p>	<p>13 Funnel Cake Or Pop tart w/Cereal Or Breakfast Pizza Craisins Peaches Fruit Juice & Milk</p>	<p>14 Scrambled Eggs, Bacon & Toast Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk</p>	<p>15 Breakfast Banana Split Or Pop tart w/Cereal Banana Apple Wedges Fruit Juice & Milk</p>
<p>18 Glazed Donut Or Poptart w/Cereal Or Sweet Roll Peaches Apple Wedges Fruit Juice & Milk</p>	<p>19 Breakfast Pizza Or Pop Tart w/Cereal Or Breakfast Sandwich Pineapple Apple Wedges Fruit Juice & Milk</p>	<p>20 Strawberry Shortcake Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk</p>	<p>21 French Toast Sticks w/ Sausage Or Pop tart w/Cereal Or PB&J Apple Wedges/Pears Fruit Juice & Milk</p>	<p>22 Funnel Cake Ala Mode Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk</p>
<p>25 Ham, Egg & Cheese Croissant Or Poptart w/Cereal Pears Apple Wedges Fruit Juice & Milk</p>	<p>26 Funnel Cake Or Poptart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk</p>	<p>27 Pancake & Sausage on a Stick w/Syrup Or Poptart w/Cereal Or Yogurt Smoothie Craisins/Peaches Fruit Choice & Milk</p>	<p>28 Scrambled Eggs w/Bacon & Toast Or Poptart w/Cereal Assorted Fruit Fruit Juice & Milk</p>	<p>Glazed Donut Or Pop Tart w/Cereal Banana Apple Wedges Fruit Juice & Milk</p>

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