





September 2019

Punxsutawney Area School District
Elementary School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day 	3 WELCOME BACK! Disney "Frozen" Honey Grahams Applesauce Juicy Juice Box Milk	4 Iced Sweet Roll Peach Cup Juicy Juice Box Milk	5 Pop tart Banana Juicy Juice Box Milk	6 Mini Cinnis Strawberry Cup Juicy Juice Box Sidekick Milk
9 Cinnamon Toast Crunch Cereal Bar Applesauce Juicy Juice Box Milk	10 Cherry Strudel Craisins Juicy Juice Box Milk	11 Banana Crème Muffin Apple Wedges Juicy Juice Box Milk	12 Mini Powdered Donuts Banana Juicy Juice Box Milk	13  Lucky Charms String Cheese Apple Wedges Frozen Strawberry Kiwi SideKicks Milk
16 Rice Krispie Treat Applesauce Juicy Juice Box Milk	17 Cinnamon Toast Crunch Soft Cereal Bar Craisins Juicy Juice Box Milk	18 Mini Cinnis Apple Wedges Juicy Juice Box Milk	19 Blueberry Muffin Banana Juicy Juice Box Milk	20 Chocolate Chip Crumb Cake Apple Wedges Frozen Raspberry Lemon Sidekick Milk
23  Trix Cereal String Cheese Fruit Cup Juicy Juice Box Milk	24 Chocolate Chip Minis Yogurt Applesauce Juicy Juice Box Milk	25 Iced Sweet Roll Apple Wedges Juicy Juice Box Milk 	26 Scooby Doo Graham Crackers Banana Juicy Juice Box Milk	27 Mini Chocolate Donuts Apple Wedges Frozen Strawberry Mango SideKicks Milk
30 Disney "Frozen" Honey Grahams Applesauce Juicy Juice Box Milk		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.		

Elementary Students eat breakfast at no cost!



Healthy Tip of the Month

According to the Mayo Clinic, the most effective way to avoid spreading germs is hand washing. To make sure kids are spending enough time on this healthful task, ask them to sing "Happy Birthday" or the alphabet song from start to finish as they wash the fronts and backs on their hands and in-between fingers.

- In order to qualify for a reimbursable breakfast, you must choose all items listed on the menu.
- 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
Students must take all food items

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