

June 2019

Punxsutawney Area School District
Elementary School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Cinnamon Toast Crunch Cereal Bar Craisins Juicy Juice Box Milk	4 Fruit Strudel Applesauce Cup Juicy Juice Box Milk	5 Mini Powdered Donuts Apple Wedges Juicy Juice Box Milk	6 Pop tart Banana Juicy Juice Box Milk	7 Cook's Choice Apple Wedges Frozen Raspberry Lemon Sidekick Milk
10 Cocoa Puff Cereal Bar Craisins Juicy Juice Box Milk	11 Soft Filled Cinnamon Toast Crunch Bar Applesauce Cup Juicy Juice Box Milk	12 Mini Cinnis Apple Wedges Juicy Juice Box Milk	13 Blueberry Muffin Banana Juicy Juice Box Milk	14 Chocolate Chip Crumb Cake Apple Wedges Frozen Strawberry Kiwi SideKicks Milk
17 Chocolate Chip Minis w/ String Cheese Craisins Juicy Juice Box Milk	18 Rice Krispie Treat Applesauce Juicy Juice Box Milk	19 Cook's Choice Cook's Choice Fruit Juicy Juice Box Milk	20	21
24	25	26	27	28

Elementary Students eat breakfast at no cost!



Healthy Tip of the Month

Get the most out of your salad. Not all salads are healthy, especially at restaurants. Salads loaded with dressing, cheese and fried chicken are also loaded with calories and fat. But healthy salads don't have to be boring. Pick the ones with a lot of different vegetables for more disease-fighting nutrients. Top it off with lean protein like grilled chicken, fish or beans.

- 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

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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