



May 2019

Punxsutawney Area School District
High School Breakfast Menu

High School Students eat breakfast at no cost!



Healthy Tip of the Month

Eat when you eat. Try not to do simultaneous activities such as typing, watching TV, playing video games, or driving when you eat. You'll appreciate each bite even more.

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 French Toast Sticks w/ Sausage Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Choice & Milk	2 Funnel Cake Or Pop Tart w/Cereal Or PB&J Sandwich Pears Apple Wedges Fruit Juice & Milk	3 Chicken & Biscuit Sandwich Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
6 Bagel w/Cream Cheese Or Pop tart w/Cereal Or Fruit Smoothie Apple Wedges Pineapple Fruit Juice & Milk	7 Mini Pancakes w/Syrup Sausage Patty Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	8 Funnel Cake Or Pop tart w/Cereal Or Breakfast Pizza Craisins Peaches Fruit Juice & Milk	9 Breakfast Banana Split Or Pop tart w/Cereal Banana Apple Wedges Fruit Juice & Milk	10 Scrambled Eggs, Bacon & Toast Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
13 Glazed Donut Or Poptart w/Cereal Or Sweet Roll w/Yogurt Peaches Apple Wedges Fruit Juice & Milk	14 Breakfast Pizza Or Pop Tart w/Cereal Or Breakfast Sandwich Pineapple Apple Wedges Fruit Juice & Milk	15 Hot Oatmeal w/Toppings Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	16 French Toast Sticks w/ Sausage Or Pop tart w/Cereal Or PB&J Apple Wedges/Pears Fruit Juice & Milk	17 Funnel Cake Ala Mode Or Cereal w/Poptart Assorted Fruit Fruit Juice & Milk
20 Ham, Egg & Cheese Croissant Or Pop Tart w/Cereal Pears Apple Wedges Fruit Juice & Milk	21 Funnel Cake Or Poptart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	22 Pancake & Sausage on a Stick w/Syrup Or Poptart w/Cereal Or Yogurt Smoothie Craisins/Peaches Fruit Choice & Milk	23 Glazed Donut Or Pop Tart w/Cereal Banana Apple Wedges Fruit Juice & Milk	24 Scrambled Eggs w/Bacon & Toast Or Poptart w/Cereal Assorted Fruit Fruit Juice & Milk
27 Memorial Day No School 	28 Breakfast Pizza Or Pop Tart w/Cereal Or Breakfast Sandwich Peaches Apple Wedges Fruit Juice & Milk	29 French Toast Sticks w/ Sausage Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Choice & Milk	30 Funnel Cake Or Pop Tart w/Cereal Or PB&J Sandwich Pears Apple Wedges Fruit Juice & Milk	31 Chicken & Biscuit Sandwich Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk

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