



September 2019

Punxsutawney Area School District
High School Breakfast Menu

High School 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 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
2 Labor Day	3 Breakfast Pizza Or Breakfast Sandwich Or Pop tart w/Cereal Apple Wedges Peaches Fruit Juice & Milk	4 French Toast Sticks w/Sausage Or Pop tart w/Cereal Apple Wedges Mandarin Oranges Fruit Juice & Milk	5 Funnel Cake Or Pop tart w/Cereal Or PB&J Pears Apple Wedges Fruit Juice & Milk	6 Apple Cinnamon Texas Toast Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
9 Bagel w/Cream Cheese Or Poptart w/Cereal Or Fruit Smoothie Pineapple Apple Wedges Fruit Juice & Milk	10 Pancakes w/Syrup Sausage Patty Or Pop tart w/Cereal Banana Apple Wedges Fruit Juice & Milk	11 Funnel Cake Or Pop tart w/Cereal Or Breakfast Pizza Craisins Apple Wedges Fruit Juice & Milk	12 Breakfast Banana Split Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	13 Scrambled Eggs Bacon & Toast Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
16 Glazed Donut Or Sweet Roll w/Yogurt Or Pop Tart w/Cereal Peaches Apple Wedges Fruit Juice & Milk	17 Breakfast Pizza Or Poptart w/Cereal Or Breakfast Sandwich Pineapple Apple Wedges Fruit Juice & Milk	18 Breakfast Skillet Or Pop Tart w/Cereal Mandarin Oranges Fruit Juice & Milk	19 French Toast Sticks w/Syrup & Sausage Or PB&J Or Pop Tart w/Cereal Pears/Apple Wedges Fruit Juice & Milk	20 Funnel Cake Ala Mode Or Pop Tart w/Cereal Assorted Fruit Fruit Juice & Milk
23 Ham, Egg & Cheese Croissant Or Pop Tart w/Cereal Pears Apples Wedges Fruit Juice & Milk	24 Funnel Cake Or Pop Tart w/Cereal Banana Apple Wedges Fruit Juice & Milk	25 Pancake & Sausage on a Stick w/Syrup Or Pop Tart w/Cereal Or Fruit Smoothie Peaches/Craisins Fruit Juice & Milk	26 Glazed Donut Or Pop Tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	27 Scrambled Eggs Bacon & Toast Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
30 Breakfast Skillet Or Pop Tart w/Cereal Pineapple Apple Wedges Fruit Juice & Milk		<div style="border: 1px solid black; padding: 10px; text-align: center;"> <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> </div>		

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