



## Start Your Day With a Great Breakfast!

### What is a Meal?

At least 3 items  
One must be a 1/2 cup of fruit

### What is an Item?

Grain or Grain/Protein  
Choice of Fruit  
Choice of Milk  
1% white, fat-free white, chocolate, vanilla, and strawberry

### Daily Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges, 100% Fruit Juice

### Other Daily Options May Include:

**Whole Grain Breakfast Bars**  
**Whole Grain Cereal**  
Cinnamon Toast Crunch  
Cocoa Puffs  
Reese's Puffs



### Breakfast Prices:

Student \$1.00  
Reduced \$.30  
Adult \$2.10

### Heather Reimer

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>HELP WANTED</b></p> <p>Cafeteria Staff Needed Weekends, Holidays &amp; Summers off!!!</p> <p>For more information call: <b>(814) 505-1512</b></p>				<p><b>1</b></p> <p><b>Pancakes</b></p> <p>Choice of Fruit Choice of Milk</p>
<p><b>4</b></p> <p><b>Rainbow Glazed Donuts</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>5</b></p> <p><b>Ham, Egg &amp; Cheese On a Bagel</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>6</b></p> <p><b>French Toast Sticks</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>7</b></p> <p><b>Egg &amp; Cheese Sandwich</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>8</b></p> <p><b>Waffles</b></p> <p>Choice of Fruit Choice of Milk</p>
<p><b>11</b></p> <p><b>Rainbow Glazed Donuts</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>12</b></p> <p><b>Sausage, Egg &amp; Cheese On a Bagel</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>13</b></p> <p><b>Cheese Omelet with Toast</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>14</b></p> <p><b>Egg and Cheese Croissant</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>15</b></p> <p><b>Pancakes</b></p> <p>Choice of Fruit Choice of Milk</p>
<p><b>18</b></p> <p><b>Rainbow Glazed Donuts</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>19</b></p> <p><b>Ham, Egg &amp; Cheese On a Bagel</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>20</b></p> <p><b>French Toast Sticks</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>21</b></p> <p><b>Egg &amp; Cheese Sandwich</b></p> <p>Choice of Fruit &amp; Milk</p> 	<p><b>22</b></p> <p><b>Waffles</b></p> <p>Choice of Fruit Choice of Milk</p>
<p><b>25</b></p> <p><b>Rainbow Glazed Donuts</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>26</b></p> <p><b>Sausage, Egg &amp; Cheese On a Bagel</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>27</b></p> <p><b>Cheese Omelet with Toast</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>28</b></p> <p><b>Egg &amp; Cheese Croissant</b></p> <p>Choice of Fruit Choice of Milk</p>	<p><b>29</b></p> <p><b>Pancakes</b></p> <p>Choice of Fruit Choice of Milk</p>