



## 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  
Fruit Loops



### Breakfast Prices:

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

**Heather Reimer**  
General Manager  
814-946-8271

hreimer@aasdcat.com

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>NO SCHOOL</b> 	2 <b>Breakfast Pizza</b> Choice of Fruit Choice of Milk	3 <b>Egg &amp; Cheese Croissant</b> Choice of Fruit Choice of Milk	4 <b>Pancakes</b> Choice of Fruit Choice of Milk
7 <b>Rainbow Glazed Donuts</b> Choice of Fruit Choice of Milk	8 <b>Ham, Egg &amp; Cheese On a Bagel</b> Choice of Fruit Choice of Milk	9 <b>French Toast Sticks</b> Choice of Fruit Choice of Milk	10 <b>Egg &amp; Cheese Sandwich</b> Choice of Fruit Choice of Milk	11 <b>Waffles</b> Choice of Fruit Choice of Milk
14 <b>Rainbow Glazed Donuts</b> Choice of Fruit Choice of Milk	15 <b>Sausage, Egg &amp; Cheese On a Bagel</b> Choice of Fruit Choice of Milk	16 <b>Breakfast Pizza</b> Choice of Fruit Choice of Milk	17 <b>Egg &amp; Cheese Croissant</b> Choice of Fruit Choice of Milk	18 <b>NO SCHOOL</b>  <b>INSERVICE</b>
21 <b>NO SCHOOL</b>  <b>Martin Luther King Jr. Day</b>	22 <b>Ham, Egg &amp; Cheese On a Bagel</b> Choice of Fruit Choice of Milk	23 <b>French Toast Sticks</b> Choice of Fruit Choice of Milk	24 <b>Egg &amp; Cheese Sandwich</b> Choice of Fruit Choice of Milk	25 <b>Waffles</b> Choice of Fruit Choice of Milk
28 <b>Rainbow Glazed Donuts</b> Choice of Fruit Choice of Milk	29 <b>Sausage, Egg &amp; Cheese On a Bagel</b> Choice of Fruit Choice of Milk	30 <b>Breakfast Pizza</b> Choice of Fruit Choice of Milk	31 <b>Egg &amp; Cheese Croissant</b> Choice of Fruit Choice of Milk	<b>Come join our Team!</b> <b>Holidays, Weekends and Summers off!</b> <b>For more info call:</b> <b>Andrea Seasack</b> <b>(814) 505-1512</b>