

January 2019

Punxsutawney Area School District
Elementary School Breakfast Menu



Elementary Students eat breakfast at no cost!



Healthy Tip of the Month

When the cafeteria has your favorite foods daily, it can be easy to return to those old favorites every day. Changing up your diet from day to day is an important part of good nutrition. So take advantage of the variety of selections available to you.

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 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.	2 Rice Krispie Treat Applesauce Juicy Juice Box Milk	3 Scooby Doo Graham Crackers Mixed Berry Cup Juicy Juice Box Milk	4 Mini Chocolate Donuts Apple Wedges Frozen Strawberry Mango Sidekick Milk	
7 Jurassic World Graham Crackers Apple Wedges Juice Box Milk	8 Mini Pancakes Applesauce Cup Juice Box Milk	9 Iced Sweet Roll Peach Cup Juice Box Milk	10 Pop tart Banana Juice Box Milk	11 Mini Cinni Strawberry Cup Juice Box Milk
14 Cinnamon Toast Crunch Cereal Bar Craisins Juice Box Milk	15 Fruit Strudel Applesauce Cup Juice Box Milk	16 Mini Powdered Donuts Apple Wedges Juice Box Milk	17 Pop tart Banana Juice Box Milk	18 Chocolate Chip Mini Maple Waffles Apple Wedges Frozen Raspberry Lemon Sidekick Milk
21 Teacher In-Service No School	22 Cocoa Puff Cereal Bar Craisins Juice Box Milk	23 Mini Cinnis Apple Wedges Juice Box Milk	24 Blueberry Muffin Banana Juice Box Milk	25 Chocolate Chip Crumb Cake Apple Wedges Frozen Strawberry Kiwi Sidekick Milk
28 Mini Chocolate Chip Cookies w/Yogurt Craisins Juicy Juice Box Milk	29 Rice Krispie Treat Applesauce Juicy Juice Box Milk	30 Iced Sweet Roll Apple Wedges Juicy Juice Box Milk	31 Scooby Doo Graham Crackers Banana Juicy Juice Box Milk	

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