



April 2019

Punxsutawney Area School District
High School Breakfast Menu



High School Students eat breakfast at no cost!



Healthy Tip of the Month

Be Kind to Yourself!

If you're not having a great day, don't "reward" yourself with food. The wrong foods in the wrong amounts may become punishments instead of rewards. Take a bath, write a letter, surround yourself with true friends or buy yourself something that will make you smile. You deserve to have a wonderful month-and a fabulous rest of the year.

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
1 Hot Oatmeal w/Toppings Or Pop Tart w/Cereal Pineapple Apple Wedges Fruit Juice & Milk	2 Breakfast Pizza Or Pop Tart w/Cereal Or Breakfast Sandwich Peaches Apple Wedges Fruit Juice & Milk	3 Funnel Cake Or Pop Tart w/Cereal Or PB&J Sandwich Pears Apple Wedges Fruit Juice & Milk	4 French Toast Sticks w/ Sausage Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Choice & Milk	5 Sweet Roll w/Yogurt Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk
8 Bagel w/Cream Cheese Or Pop tart w/Cereal Or Fruit Smoothie Apple Wedges Pineapple Fruit Juice & Milk	9 Mini Pancakes w/Syrup Sausage Patty Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	10 Funnel Cake Or Pop tart w/Cereal Or Breakfast Pizza Craisins Peaches Fruit Juice & Milk	11 Scrambled Eggs, Bacon & Toast Or Pop tart w/Cereal Assorted Fruit Fruit Juice & Milk	12 Breakfast Banana Split Or Pop tart w/Cereal Banana Apple Wedges Fruit Juice & Milk
15 Glazed Donut Or Poptart w/Cereal Or Sweet Roll Peaches Apple Wedges Fruit Juice & Milk	16 Breakfast Pizza Or Pop Tart w/Cereal Or Breakfast Sandwich Pineapple Apple Wedges Fruit Juice & Milk	17 Hot Oatmeal w/Toppings Or Pop tart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	18 French Toast Sticks w/ Sausage Or Pop tart w/Cereal Or PB&J Apple Wedges/Pears Fruit Juice & Milk	19 Good Friday No School
22 No School	23 Funnel Cake Or Poptart w/Cereal Mandarin Oranges Apple Wedges Fruit Juice & Milk	24 Pancake & Sausage on a Stick w/Syrup Or Poptart w/Cereal Or Yogurt Smoothie Craisins/Peaches Fruit Choice & Milk	25 Scrambled Eggs w/Bacon & Toast Or Poptart w/Cereal Assorted Fruit Fruit Juice & Milk	26 Glazed Donut Or Pop Tart w/Cereal Banana Apple Wedges Fruit Juice & Milk
29 Strawberry Shortcake Or Pop Tart w/Cereal Pineapple Apple Wedges Fruit Juice & Milk	30 Breakfast Pizza Or Pop Tart w/Cereal Or Breakfast Sandwich Peaches 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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