

April 2019

Punxsutawney Area School District
Elementary School Breakfast Menu



Elementary 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 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 Jurassic World Graham Crackers Apple Wedges Juice Box Milk	2 Mini Pancakes Applesauce Cup Juice Box Milk	3 Iced Sweet Roll Peach Cup Juice Box Milk	4 Pop tart Banana Juice Box Milk	5 Mini Cinni Strawberry Cup Juice Box Milk
8 Cinnamon Toast Crunch Cereal Bar Craisins Juice Box Milk	9 Fruit Strudel Applesauce Cup Juice Box Milk	10 Mini Powdered Donuts Apple Wedges Juice Box Milk	11 Pop tart Banana Juice Box Milk	12 Mini Maple Waffles Apple Wedges Frozen Raspberry Lemon Sidekick Milk
15 Cocoa Puff Cereal Bar Craisins Juice Box Milk	16 Soft Filled Cinnamon Toast Crunch Bar Applesauce Cup Juice Box Milk	17 Mini Cinnis Apple Wedges Juice Box Milk	18 Blueberry Muffin Banana Juice Box Milk	19 Good Friday No School
22 No School	23 Rice Krispie Treat Applesauce Cup Juicy Juice Box Milk	24 Iced Sweet Roll Apple Wedges Juicy Juice Box Milk	25 Scooby Doo Graham Crackers Banana Juicy Juice Box Milk	26 Mini Chocolate Donuts Apple Wedges Frozen Strawberry Mango Sidekick Milk Milk
29 Jurassic World Graham Crackers Apple Wedges Juice Box Milk	30 Mini Pancakes Applesauce Cup Juice Box Milk	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.		

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