

North Schuylkill Breakfast Menu

Elementary April / May 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/24 Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/25 French Toast Sticks with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/26 Cinnamon Pretzel Stick Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/27 Waffles with Fruit Topping or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	4/28 Sausage Pancake Wrap on a Stick or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
5/1 Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/2 Pancakes with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/3 Fruited Yogurt with Mini Bagel or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/4 Scrambled Eggs Patty on English Muffin or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/5 Sausage Pancake Wrap on a Stick or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
5/8 Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/9 French Toast Sticks with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/10 Cinnamon Pretzel Stick Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/11 Waffles with Fruit Topping or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/12 Sausage Pancake Wrap on a Stick or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
5/15 Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/16 Pancakes with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/17 Fruited Yogurt with Mini Bagel or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/18 Scrambled Eggs Patty on English Muffin or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/19 Sausage Pancake Wrap on a Stick or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk
5/22 Pizza or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/23 French Toast Sticks with Syrup or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/24 Cinnamon Pretzel Stick Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/25 Waffles with Fruit Topping or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk	5/26 Sausage Pancake Wrap on a Stick or Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Low Fat Milk

Meal Prices:
 High School Paid Breakfast \$ 1.45
 Elementary School Paid Breakfast \$1.20
 Reduced \$.30

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Middle & High School Alternate Options May Include:

- Breakfast Pizza
- Banana or Blueberry Muffins
- Assorted Mini Loafs
- Fortified Breakfast Pastries
- Fruit Smoothie & Crackers

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily
 Fat Free Chocolate, Fat Free Strawberry,
 Fat Free White and Low Fat White

**Proud to manage your
 food service program**



The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE



Whole Grains
 Available Daily