



CP August- September Breakfast Menu



Chef Metz is "Cookin' Up"



Monday	Tuesday	Wednesday August 22, 2018	Thursday August 23, 2018	Friday August 24, 2018
		Bagel with Cream Cheese	Sausage Links With Toast	Ham And Cheese Bagel
		Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears
		Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
		Choice Of Milk	Choice Of Milk	Choice Of Milk

Monday August 27, 2018	Tuesday August 28, 2018	Wednesday August 29, 2018	Thursday August 30, 2018	Friday August 31, 2018
Mini Cinnamon Roll Or Assorted Cereal With Muffin	Egg And Cheese On a Biscuit Assorted Cereal With Belly Bears	Yogurt And A BlueBerry Loaf Assorted Cereal With Belly Bears	Donuts or Assorted Cereal With Belly Bears	Mini Pancakes or Assorted Cereal With Belly Bears
Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Monday September 3, 2018	Tuesday September 4, 2018	Wednesday September 5, 2018	Thursday September 6, 2018	Friday September 7, 2018
Yogurt And A BlueBerry Loaf	Sausage Egg And Cheese On A Bagel	Breakfast Pizza Or	Sausage And Pancake On A Stick	Cherry Frudel Or
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears
Assorted 100% Fruit Juice & Fresh Fruit Or Assorted Canned Fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Monday September 10, 2018	Tuesday September 11, 2018	Wednesday September 12, 2018	Thursday September 13, 2018	Friday September 14, 2018
Waffles with Syrup	Apple Frudel	Sausage And Cheese On A Bagel	Donuts	Breakfast Pizza
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears
Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Monday September 17, 2018	Tuesday September 18, 2018	Wednesday September 19, 2018	Thursday September 20, 2018	Friday September 21, 2018
Sausage Links With Toast	Ham And Cheese On A Croissant	Scrambled Eggs With Toast	Breakfast Pizza	French Toast Sticks With Syrup
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears
Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit	Assorted 100% Fruit Juice & Fresh fruit or Assorted canned fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

What is a Meal?

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

**Choice of :Grain or protein
Choice of fruit or vegetable
(must take at least a 1/2 cup)**

**And
Choice of Milk
1% white, Fat Free White,
Chocolate, Vanilla or
Strawberry**

Fruit May Include:

**Canned Peaches, pineapple
applesauce, pears,
Fruit Cocktail,
mandarin oranges
100% juice (apple, orange)
Fresh Fruit
selection including
apples, bananas and
oranges**

**Whole Grain Cereal
Selection May Include:**

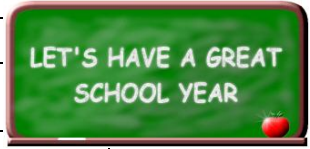
**Cinnamon Toast Crunch
Cocoa Puffs
Trix
Lucky Charms
Cheerios**

Breakfast Pizza Offered Daily
Donuts Offered Daily

**Debbie Helstern
724.253.3255 x 1228**



Eat your breakfast so your awake during school!!!



For your convenience we now offer a way to pay online. Go to "www.payforit.net" to find out more.