



CP September - October Breakfast Menu




Chef Metz is "Cookin' Up"



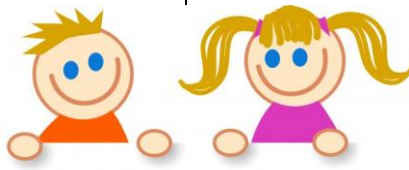

Monday Sept 24,2018	Tuesday Sept 25,2018	Wednesday Sept 26,2018	Thursday Sept 27,2018	Friday Sept 28,2018
Donuts	Sausage And Cheese On A Bagel	Mini Cinnamon Roll	Yogurt And A Banana Loaf	Mini Pancakes
Assorted Cereal With Muffin	Assorted Cereal With Belly Bears	Assorted Cereal With Belly Bears	Assorted 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 Oct 1,2018	Tuesday Oct 2,2018	Wednesday Oct3,2018	Thursday Oct 4,2018	Friday Oct 5,2018
Cherry Frudel	Yogurt And A Blueberry Loaf	Bagel with Cream Cheese	Sausage Links With Toast	Ham And Cheese Bagel
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 Oct 8,2018	Tuesday Oct 9,2018	Wednesday Oct 10,2018	Thursday Oct 11,2018	Friday Oct 12,2018
No School <small>On Columbus Day, lead straight for a great time!</small>	Egg And Cheese On a Biscuit	Yogurt And A Blueberry Loaf	Donuts or	Mini Pancakes or
	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
	choice of milk	Choice of milk	Choice of Milk	Choice of milk

Monday Oct 15,2018	Tuesday Oct 16,2018	Wednesday Oct 17,2018	Thursday Oct 18,2018	Friday Oct 19,2018
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 Oct 22,2018	Tuesday Oct 23,2018	Wednesday Oct 24,2018	Thursday Oct 25,2018	Friday Oct 26,2018
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	Tuesday	Wednesday	Thursday	Friday
				

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

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