

MAY 2019



S.H.C.S.D. SCHOOL DISTRICT BREAKFAST MENU

What is a Meal?
 You must choose at least 3 of the 4 components available for the schoolbreakfast price.
 Choice of: Grain or grain/protein
 Choice of fruit or vegetable (must take at least a 1/2 cup) and
 Choice of Milk
 Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry
 You must take at least 1/2 cup of fruit or vegetable

Fruit May Include:
 Canned peaches, applesauce, pears, pineapple, 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
 Trix
 Cocoa Puffs
 Fruity Cheerios
 Rice Crunch
 Kix
 Cheerios
 Fruit Loops
 Frosted Flakes
 Served with Toast or Muffin

BREAKFAST PRICES:

HS/MS \$1.30
 Elementary \$1.20
 Reduced \$.30
 Adult \$2.00



General Manager:
 Mishell Schlegel
Phone Number:
 (814)447-5529 Ext.2336
Email
mschlegel@shcsd.org

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk C	2 French Toast Sticks w/Sausage Link or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk D	3 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk E
6 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk F	7 Breakfast Pizza or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk A	8 Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk B	9 Pancake on a Stick or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk C	10 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk Early Dismissal-11:45 D
13 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk E	14 Mini Blueberry Pancakes or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk F	15 Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk A	16 Pancake w/Sausage Links or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk B	17 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk C
20 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk D	21 Scrambled Eggs with Toast or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk E	22 Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk F	23 Breakfast Pizza or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk A	24 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk B
27 MEMORIAL DAY NO SCHOOL FOR STUDENTS & STAFF	28 Waffle with Bacon Strips or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk C	29 Dutch Waffle Wednesday or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk D	30 Pancake on a Stick or Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk E	31 Assorted Cereals w/Muffin or Toast Assorted 100% Fruit Juice Choice of Fruit & Milk F