

## Fermanagh Elementary School Breakfast Menu August-September 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>8/28/17</b>	<b>8/29/17</b>	<b>8/30/17</b>	<b>8/31/17</b>	<b>9/1/17</b>
Chocolate Chip Muffin with Goldfish Crackers	Apple Cinnamon Filled BeneFIT Bar	Whole Grain Cinnamon Roll with Icing	Strawberry Pop Tart with Goldfish Crackers	Oatmeal Chocolate Chip BeneFIT Bar
100% Fruit Juice or Fresh or Canned Fruit & Milk 1	100% Fruit Juice or Fresh or Canned Fruit & Milk 2	100% Fruit Juice or Fresh or Canned Fruit & Milk 3	100% Fruit Juice or Fresh or Canned Fruit & Milk 4	100% Fruit Juice or Fresh or Canned Fruit & Milk 5
<b>9/4/17</b>	<b>9/5/17</b>	<b>9/6/17</b>	<b>9/7/17</b>	<b>9/8/17</b>
NO SCHOOL 	Apple Cinnamon Filled BeneFIT Bar	Whole Grain Cinnamon Roll with Icing	Strawberry Pop Tart with Goldfish Crackers	Oatmeal Chocolate Chip BeneFIT Bar
	100% Fruit Juice or Fresh or Canned Fruit & Milk 6	100% Fruit Juice or Fresh or Canned Fruit & Milk 1	100% Fruit Juice or Fresh or Canned Fruit & Milk 2	100% Fruit Juice or Fresh or Canned Fruit & Milk 3
<b>9/11/17</b>	<b>9/12/17</b>	<b>9/13/17</b>	<b>9/14/17</b>	<b>9/15/17</b>
Chocolate Chip Muffin with Goldfish Crackers	Apple Cinnamon Filled BeneFIT Bar	Whole Grain Cinnamon Roll with Icing	Strawberry Pop Tart with Goldfish Crackers	Oatmeal Chocolate Chip BeneFIT Bar
100% Fruit Juice or Fresh or Canned Fruit & Milk 4	100% Fruit Juice or Fresh or Canned Fruit & Milk 5	100% Fruit Juice or Fresh or Canned Fruit & Milk 6	100% Fruit Juice or Fresh or Canned Fruit & Milk 1	100% Fruit Juice or Canned Fruit & Milk 2
<b>9/18/17</b>	<b>9/19/17</b>	<b>9/20/17</b>	<b>9/21/17</b>	<b>9/22/17</b>
Chocolate Chip Muffin with Goldfish Crackers	Apple Cinnamon Filled BeneFIT Bar	Whole Grain Cinnamon Roll with Icing	Strawberry Pop Tart with Goldfish Crackers	NO SCHOOL 
100% Fruit Juice or Fresh or Canned Fruit & Milk 3	100% Fruit Juice or Fresh or Canned Fruit & Milk 4	100% Fruit Juice or Fresh or Canned Fruit & Milk 5	100% Fruit Juice or Fresh or Canned Fruit & Milk 6	
<b>9/25/17</b>	<b>9/26/17</b>	<b>9/27/17</b>	<b>9/28/17</b>	<b>9/29/17</b>
Chocolate Chip Muffin with Goldfish Crackers	Apple Cinnamon Filled BeneFIT Bar	Whole Grain Cinnamon Roll with Icing	Strawberry Pop Tart with Goldfish Crackers	Oatmeal Chocolate Chip BeneFIT Bar
100% Fruit Juice or Fresh or Canned Fruit & Milk 1	100% Fruit Juice or Fresh or Canned Fruit & Milk 2	100% Fruit Juice or Fresh or Canned Fruit & Milk 3	100% Fruit Juice or Fresh or Canned Fruit & Milk 4	100% Fruit Juice or Fresh or Canned Fruit & Milk 5
<b>GOOD NEWS!! If you qualify for free or reduced lunch, you also qualify for free or reduced breakfast! Applications can be found online at <a href="http://www.compass.state.pa.us">www.compass.state.pa.us</a> or at your school office. Any charges accumulated prior to approved applications taking affect must be paid so get your application in today!!! Student Paid Breakfast \$1.30 Student Reduced Breakfast \$ 0.30 Adult \$2.30</b>				
Chris Ammon	General Manager	<a href="mailto:cammon@icsdk12.org">cammon@icsdk12.org</a>	(717) 436-2193 ext. 5084	
Kathy Gilson	Food Service Support	<a href="mailto:kgilson@icsdk12.org">kgilson@icsdk12.org</a>	(717) 436-2111 ext. 5015	

### What is a Meal?

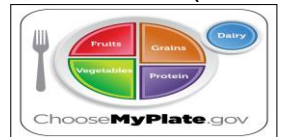
You must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of: Grain or grain/protein
- Choice of fruit and
- Choice of Milk
- Choice of Milk - 1% white, fat-free white, chocolate, cookies & cream and strawberry

### Selection May Include:

- Cinnamon Toast Crunch
- Trix
- Cocoa Puffs
- Fruity Cheerios
- Rice Crunch
- Kix
- Cheerios
- Fruit Loops
- Frosted Flakes

Served with Whole Grain Toast (secondary) OR Whole Grain Goldfish Crackers (elementary)



### Additional Entrees

#### May Include:

- Warm Pillsbury Cinni-Minis
- Chocolate Chip Muffins
- Whole-Grain Enriched Donuts (Donuts available at TJHS, JHS, and EJ only)

### Fruit May Include:

- Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice, and a variety of fresh fruits

This institution is an equal opportunity provider  
Menu subject to change