

## Fermanagh Elementary School Breakfast Menu October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>10/2/17</b> Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 6	<b>10/3/17</b> Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 1	<b>10/4/17</b> Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 2	<b>10/5/17</b> Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 3	<b>10/6/17</b> Oatmeal Chocolate Chip BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 4
<b>10/9/17</b> Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 5	<b>10/10/17</b> Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 6	<b>10/11/17</b> Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 1	<b>10/12/17</b> Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 2	<b>10/13/17</b> Oatmeal Chocolate Chip BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 3
<b>10/16/17</b> Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 4	<b>10/17/17</b> Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 5	<b>10/18/17</b> NO SCHOOL 	<b>10/19/17</b> Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 6	<b>10/20/17</b> Oatmeal Chocolate Chip BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 1
<b>10/23/17</b> Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 2	<b>10/24/17</b> Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 3	<b>10/25/17</b> Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 4	<b>10/26/17</b> Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 5	<b>10/27/17</b> Oatmeal Chocolate Chip BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 6
<b>10/30/17</b> Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 1	<b>10/31/17</b> Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 2			
<b>GOOD NEWS!!</b> 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				
Chris Ammon	General Manager	<a href="mailto:cammon@jcsdk12.org">cammon@jcsdk12.org</a>	(717) 436-2193 ext. 5084	
Kathy Gilson	Food Service Support	<a href="mailto:kgilson@jcsdk12.org">kgilson@jcsdk12.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