







Juniata County School District Fermanagh Breakfast Menu November 2017



Monday	Tuesday	Wednesday	Thursday	Friday
		11/1/17 Whole Grain Cinnamon Roll with Icing	11/2/17 Strawberry Pop Tart with Goldfish Crackers	11/3/17 Oatmeal Chocolate Chip BeneFIT Bar
		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
11/6/17 Chocolate Chip Muffin with Goldfish Crackers	11/7/17 Apple Cinnamon Filled BeneFIT Bar	11/8/17 Whole Grain Cinnamon Roll with Icing	11/9/17 NO SCHOOL 	11/10/17 NO SCHOOL 
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		
11/13/17 Chocolate Chip Muffin with Goldfish Crackers	11/14/17 Apple Cinnamon Filled BeneFIT Bar	11/15/17 Whole Grain Cinnamon Roll with Icing	11/16/17 Strawberry Pop Tart with Goldfish Crackers	11/17/17 Oatmeal Chocolate Chip BeneFIT Bar
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	100% Fruit Juice or Fresh or Canned Fruit & Milk 1
11/20/17 Chocolate Chip Muffin with Goldfish Crackers	11/21/17 Apple Cinnamon Filled BeneFIT Bar	11/22/17 Whole Grain Cinnamon Roll with Icing	11/23/17 NO SCHOOL 	11/24/17 NO SCHOOL 
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		
11/27/17 NO SCHOOL 	11/28/17 NO SCHOOL 	11/29/17 Whole Grain Cinnamon Roll with Icing	11/30/17 Strawberry Pop Tart with Goldfish Crackers	
		100% Fruit Juice or Fresh or Canned Fruit & Milk 5	100% Fruit Juice or Fresh or Canned Fruit & Milk 6	
GOOD NEWS!! If you qualify for free or reduced lunch, you also qualify for free or reduced breakfast! Applications can be found online at www.compass.state.pa.us 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	cammon@icsdk12.org	(717) 436-2193 ext. 5084	
Kathy Gilson	Food Service Support	kgilson@icsdk12.org	(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