









Juniata County School District Breakfast Menu November 2017



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
|  |  | 11/1/17 French Toast Sticks with Syrup or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 3 | 11/2/17 Mini Blueberry Pancakes or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 4 | 11/3/17 Waffles with Syrup or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 5 |
| 11/6/17 Mini Chocolate Chip French Toast Bites or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 6 | 11/7/17 Pancake Wrap with Syrup or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 1 | 11/8/17 Ham, Egg, & Cheese on Biscuit or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 2 | 11/9/17 NO SCHOOL  | 11/10/17 NO SCHOOL  |
| 11/13/17 Mini Blueberry Pancakes or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 3 | 11/14/17 Crispy Dutch Waffle or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 4 | 11/15/17 Pancake Wrap with Syrup or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 5 | 11/16/17 Breakfast Pizza or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 6 | 11/17/17 Bacon, Egg, & Cheese on Biscuit or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 1 |
| 11/20/17 Pancakes with Syrup or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 2 | 11/21/17 Breakfast Pizza or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 3 | 11/22/17 Crispy Dutch Waffle or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 4 | 11/23/17 NO SCHOOL  | 11/24/17 NO SCHOOL  |
| 11/27/17 NO SCHOOL  | 11/28/17 NO SCHOOL  | 11/29/17 French Toast Sticks with Syrup or Assorted Cereals with Whole Grain Item 100% Fruit Juice or Fresh or Canned Fruit & Milk 5 | 11/30/17 Breakfast Pizza or Assorted Cereals with Whole Grain Item 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?

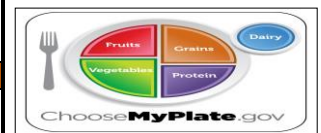
You must choose at least 3 of the 4 components available for the school breakfast price.

- 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