

JCS D Fermanagh Elementary Breakfast Menu January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1/1/18 	1/2/18 	1/3/18 Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 4	1/4/18 Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 5	1/5/18 Oatmeal Chocolate Chip BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 6
1/8/18 Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 1	1/9/18 Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 2	1/10/18 Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 3	1/11/18 Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 4	1/12/18 Oatmeal Chocolate Chip BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 5
1/15/18 NO SCHOOL 	1/16/18 Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 6	1/17/18 Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 1	1/18/18 Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 2	1/19/18 NO SCHOOL 
1/22/18 Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 3	1/23/18 Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 4	1/24/18 Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 5	1/25/18 Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 6	1/26/18 Oatmeal Chocolate Chip BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 1
1/29/18 Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 2	1/30/18 Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 3	1/31/18 Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 4		
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@jcsdk12.org	(717) 436-2193 ext. 5084	
Kathy Gilson	Food Service Support	kgilson@jcsdk12.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



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