

# JCSD Fermanagh and Monroe Elementary Breakfast Menu March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>3/1/18</b> Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 3	<b>3/2/18</b> Oatmeal Chocolate Chip BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 4
<b>3/5/18</b> Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 5	<b>3/6/18</b> Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 6	<b>3/7/18</b> Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 1	<b>3/8/18</b> Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 2	<b>3/9/18</b> Oatmeal Chocolate Chip BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 3
<b>3/12/18</b> Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 4	<b>3/13/18</b> Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 5	<b>3/14/18</b> Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 6	<b>3/15/18</b> Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 1	<b>3/16/18</b> NO SCHOOL Everyone's Irish On March 17th. 
<b>3/19/18</b> Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 2	<b>3/20/18</b> Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 3	<b>3/21/18</b> Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 4	<b>3/22/18</b> Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 5	<b>3/23/18</b> Oatmeal Chocolate Chip BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 6
<b>3/26/18</b> Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 1	<b>3/27/18</b> Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 2	<b>3/28/18</b> Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 3	<b>3/29/18</b> Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 4	<b>3/30/18</b> NO SCHOOL 
<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



### 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