

JCSD Fermanagh & Monroe Elementary Breakfast Menu May- June 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
|  | 5/1/18 Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 6 | 5/2/18 Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 1 | 5/3/18 Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 2 | 5/4/18 Oatmeal Chocolate Chip BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 3 |
| 5/7/18 | 5/8/18 | 5/9/18 | 5/10/18 | 5/11/18 |
| Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 4 | Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 5 | Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 6 | Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 1 | Chef's Choice (Menu to be announced) or Assorted Cereals with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 2 |
| 5/14/18 | 5/15/18 | 5/16/18 | 5/17/18 | 5/18/18 |
| Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 3 | Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 4 | Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 5 | Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 6 | Chef's Choice (Menu to be announced) or Assorted Cereals with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 1 |
| 5/21/18 | 5/22/18 | 5/23/18 | 5/24/18 | 5/25/18 |
| Chocolate Chip Muffin with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 2 | Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 3 | Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 4 | Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 5 | Chef's Choice (Menu to be announced) or Assorted Cereals with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 6 |
| 5/28/18 | 5/29/18 | 5/30/18 | 5/31/18 | 6/1/18 |
| NO SCHOOL  | Apple Cinnamon Filled BeneFIT Bar 100% Fruit Juice or Fresh or Canned Fruit & Milk 1 | Whole Grain Cinnamon Roll with Icing 100% Fruit Juice or Fresh or Canned Fruit & Milk 2 | Strawberry Pop Tart with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 3 | Chef's Choice (Menu to be announced) or Assorted Cereals with Goldfish Crackers 100% Fruit Juice or Fresh or Canned Fruit & Milk 4 |
| 6/4/18 | | | | |
| Chef's Choice (Menu to be announced) or Assorted Cereals with Whole Grain Toast 100% Fruit Juice or Fresh or Canned Fruit & Milk 5 |  |  |  |  |
| Chris Ammon | General Manager | camm@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, mandarin oranges, 100% juice, and a variety of fresh fruits

Fruit May Include:

- Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice, and a variety of fresh fruits