

Wilkes Barre

May 2017 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
1 French Toast Sticks w/ Syrup Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	2 Pancake Wrap on a Stick Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	3 Bagel Pizza Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	4 Waffles w/Fruit Topping Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	5 Scrambled Eggs with Toast w/ Toast Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit
8 Pancakes w/ Syrup Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	9 Sausage Breakfast Pizza Square Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	10 Sausage and Cheese on a muffin Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	11 Scrambled Eggs w/ Whole Grain Toast Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	12 Apple Frudel Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk
15 Blueberry Muffin Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	16 Pancake Wrap on a Stick Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	17 Bagel Pizza Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	18 Waffles w/Fruit Topping Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	19 Egg and Cheese Breakfast Taco Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk
22 Warm Apple Frudel Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	23 French Toast Sticks w/ Syrup Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	24 Sausage Breakfast Pizza Square Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	25 Scrambled Eggs w/ Whole Grain Toast Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	26 Warm Whole Grain Cinnamon Bun Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk
29 NO SCHOOL	30 Pancake Wrap on a Stick Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	31 Bagel Pizza Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	6/1 Waffles w/Fruit Topping Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk	6/2 Egg and Cheese Breakfast Taco Assorted Whole Grain Cereal w/ Toast Chilled Juice and Fruit Low Fat Milk

What Makes a Breakfast Meal?

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

Entrée, 2 half cup servings of Fruit and 1/2 Pint Milk

Alternate Options May Include:

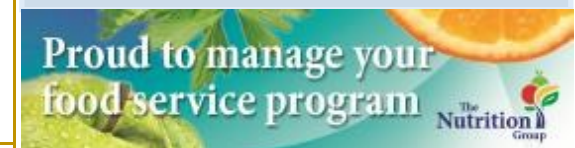
- Assorted Whole Grain Cereal with Toast
- Whole Grain Muffins
- Bagels
- Cinnamon Rolls
- Yogurt with Toast
- 2 slices of Toast

Variety of Fresh Fruit, 100% Fruit Juice and
Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White



Whole Grains Available Daily

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE