



# Palmerton Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1/7/19</b>	<b>1/8/19</b>	<b>1/9/19</b>	<b>1/10/19</b>	<b>1/11/19</b>
Blueberry Pancakes w/ syrup or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Sausage & Cheese Biscuit or Assorted Cereals with choice of additional Grain	Waffles or Assorted Cereals with choice of additional Grain	Mini Filled Bagel or Assorted Cereals with choice of additional Grain
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>1/14/19</b>	<b>1/15/19</b>	<b>1/16/19</b>	<b>1/17/19</b>	<b>1/18/19</b>
Banana Bread or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Yogurt Parfait with Toast & Spreads or Assorted Cereals with choice of additional Grain	Pancakes w/ syrup or Assorted Cereals with choice of additional Grain	Sausage, Egg & Cheese Sandwich or Assorted Cereals with choice of additional Grain
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>1/21/19</b>	<b>1/22/19</b>	<b>1/23/19</b>	<b>1/24/19</b>	<b>1/25/19</b>
Blueberry Pancakes w/ syrup or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Pancake battered Sausage on a stick or Assorted Cereals with choice of additional Grain	Waffle with Syrup or Assorted Cereals with choice of additional Grain	French Toast with syrup or Assorted Cereals with choice of additional Grain
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>1/28/19</b>	<b>1/29/19</b>	<b>1/30/19</b>	<b>1/31/19</b>	<b>2/1/19</b>
Mini Filled Bagel or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Yogurt Parfait with Toast & Spreads or Assorted Cereals with choice of additional Grain	Pancakes With Syrup or Assorted Cereals with choice of additional Grain	Hot Ham & Cheese sandwich or Assorted Cereals with choice of additional Grain
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>2/4/19</b>	<b>2/5/19</b>	<b>2/6/19</b>	<b>2/7/19</b>	<b>2/8/19</b>
Chocolate chip French Toast or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Pancake battered Sausage on a stick or Assorted Cereals with choice of additional Grain	Waffle with Syrup or Assorted Cereals with choice of additional Grain	Sausage & Cheese on a Biscuit or Assorted Cereals with choice of additional Grain
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>2/11/19</b>	<b>2/12/19</b>	<b>2/13/19</b>	<b>2/14/19</b>	<b>2/15/19</b>
Cheese omelette with Toast or Assorted Cereals with choice of additional Grain	Breakfast Pizza or Assorted Cereals with choice of additional Grain	Sausage & Cheese Burrito or Assorted Cereals with choice of additional Grain	Pancakes with Syrup or Assorted Cereals with choice of additional Grain	<b>Presidents Holiday</b> <b>No School</b>
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>Snow make-up</b>
<b>Student Paid Breakfast \$1.15 JR/H.S \$ 1.25 Student Reduced Breakfast \$0.30 Adult Breakfast \$2.10</b>				

**What is a Meal?**  
You must choose at least 3 of the 4 components available for the schoolbreakfast price.

**Choice of: Grain or grain/protein**  
**Choice of fruit or vegetable (must take at least a 1/2 cup)**  
and  
**Choice of Milk**  
**Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry**

You must take at least 1/2 cup of fruit or vegetable

**Fruit May Include:**  
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

**Whole Grain Cereal Selection May Include:**

- Cinnamon Toast Crunch
- Trix
- Cocoa Puffs
- Fruity Cheerios
- Rice Crunch
- Kix
- Cheerios
- Fruit Loops
- Frosted Flakes
- Served with additional Grain

**Apple Muffin**  
**Chocolate Muffin**  
**Banana Muffin**  
**Blueberry Muffin**  
Are Also included as Breakfast Options

