## Don't Forget:

Breakfast is FREE
for all students!

Free Breakfast Daily for ALL Students

Students must choose at least $\mathbf{3}$ items listed to qualify as a breakfast
Meat/Meat Alternative

## Vegetable

Bread/Roll
Fruit
Milk
1 item MUST be 1/2 cup
fruit or vegetable
Breakfast Entrée: \$2.75
Adult Breakfast: \$3.00
Milk \$0.75
Juice/Fruit \$0.50
Daily Breakfast Offerings Choice of Entrée: Hot Item of the Day
Assorted Whole Grain Cereals Choice of Fruit/Juice:
Assorted Fresh or Canned Fruit 100\% Fruit Juice Choice of Milk:
$1 \%$ White or Chocolate Fat-Free White

This Institution is an equal opportunity provider

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Middle School Manager Shannon Marchetti marchesh@wallenpaupack.org Director of Food Service Heather Fedoryk, RDN fedoryhe@wallenpaupack.org 570-226-4557 |  | 1 <br> Breakfast Pizza 100\% Assorted Juice Choice of Fruit Choice of Milk | 2 <br> WG Pancakes 100\% Assorted Juice Tropical Fruit Salad Choice of Milk | 3 <br> Buck McMuffin Ham, Egg \& Cheese on an English Muffin 100\% Assorted Juice Choice of Fruit |
| 6 <br> WG Donuts 100\% Assorted Juice Choice of Fruit Choice of Milk | 7 <br> Breakfast Pizza (26) 100\% Assorted Juice Choice of Fruit Choice of Milk | 8 <br> WG Pancakes 100\% Assorted Juice Choice of Fruit Choice of Milk | 9 <br> Sausage Pancake Stick 100\% Assorted Juice Choice of Fruit Choice of Milk | 10 <br> Sausage Pancake Stick 100\% Assorted Juice Choice of Fruit Choice of Milk |
| 13 <br> Sausage Pancake Stick Choice of Fruit Choice of Milk | 14 <br> WG Waffles 100\% Assorted Juice Choice of Fruit Choice of Milk | 15 <br> WG French Toast Choice of Fruit Choice of Milk | 16 <br> Yogurt, HB Egg, Crackers 100\% Assorted Juice Choice of Fruit Choice of Milk | 17 <br> Egg \& Cheese Sandwich Choice of Fruit Choice of Milk |
| 20 <br> Sausage Pancake Stick 100\% Assorted Juice Choice of Fruit Choice of Milk | 21 <br> Buckhorn Breakfast Box 100\% Assorted Juice Choice of Fruit Choice of Milk | 22 <br> Sausage Pancake Stick 100\% Assorted Juice Choice of Fruit Choice of Milk | 23 <br> Bacon, Egg, Cheese on a Bagel (31) 100\% Assorted Juice Choice of Fruit Choice of Milk | 24 No School |
| Grab \& Go Bre <br> No time to sit down breakfast in the hallw you. Don't forget Grab \& Go 7:50 to | kfast Kiosk! <br> d eat, grab your and take it with ur fruit or juice. available :05 | 29 <br> WG Muffin 100\% Assorted Juice Choice of Fruit Choice of Milk | 30 <br> Breakfast Pizza (26) 100\% Assorted Juice Choice of Fruit Choice of Milk | 31 <br> Strawberry Smoothie Bowl 100\% Assorted Juice Choice of Fruit Choice of Milk |

