

Penns Manor Area Elementary Breakfast Menu

January 2018

What is a Meal?

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

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable breakfast:

Grain or Grain/Protein Combination
Choice of Vegetable or Fruit/Juice
Choice of Milk - 1% white; fat-free:
chocolate, vanilla and strawberry

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas & lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges,
100% Fruit Juice: Apple, Orange, Grape

Whole Grain Cereal Selection May Include:

Trix
Cocoa Puffs
Apple Jacks
Fruit Loops
Rice Krispies
Lucky Charms
Golden Grahams
Cinnamon Toast Crunch
Chocolate & Regular Frosted Flakes
Apple Cinnamon, Regular & Fruity Cheerios

2017-2018 Meal Prices

Student Paid: \$1.40
Student Reduced: \$.30
Adult: \$2.30

Check out our Dining Services Website!
www.metzpennsmanorarea.com

Ben Leverknight
Food Service General Manager
leverkbe@pennsmanor.org
724.254.2666 Ext.2731

USDA is an equal opportunity provider & employer.
Menus is Subject to Change.



Metz
CULINARY MANAGEMENT



Monday

1

**Happy
New Year
2018!**

Tuesday

2

Breakfast Pizza

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

Wednesday

3

Mini Bagels:
Strawberry or Cinnamon

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

Thursday

4

Sausage & Cheese
Sandwich

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

Friday

5

Eggo
Mini Waffles

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

8

Pancake & Sausage
Rollup on a Stick

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

9

Mini Cinni's

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

10

Eggo
Mini French Toast

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

11

Ham, Egg & Cheese
Sandwich

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

12

National Glazed Donut Day
Comet

Glazed Donut

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

15
Act 80 Day #2
No School For Students



16

Breakfast Pizza

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

17

Comet
Funnel Cake

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

18

Sausage & Cheese
Sandwich

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

19

Eggo
Mini Pancakes

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

22

Sausage Gravy
over Biscuit

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

23

Breakfast Pizza

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

24

Mini Bagels:
Strawberry or Cinnamon

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

25

Ham, Egg & Cheese
Sandwich

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

26

Eggo
Mini Waffles

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

29

Mini Cinni's

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

30

National Croissant Day!
Bacon, Egg & Cheese
Croissant Sandwich

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk

31

Comet
Glazed Donut

Featured Cereal

Choice of: Fresh Veggies,
Fruit and Milk



**January's
Featured
Fruit!**

**Nut-Free
School**



The Cafe is:



Both Sides offer the same
items for Breakfast!

Join us in the morning to start your day!

Milk & Bottled Water Available for
A la Carte Purchase - \$.50