

January 2018



Penns Manor Area Junior/Senior High School Breakfast Menu

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

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

Ben Leverknight
Food Service
General Manager

leverkbe@pennsmanor.org
724.254.2666 Ext.2731

2017-2018 Meal Prices

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

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

Monday

1
Happy New Year 2018!

8
Pancake & Sausage Rollup on a Stick
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

15
Act 80 Day #2
No School For Students!

22
Sausage Gravy over Biscuit
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

29
Mini Cinni's
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

Tuesday

2
Breakfast Pizza
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

9
Mini Cinni's
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

16
Breakfast Pizza
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

23
Breakfast Pizza
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

30
National Croissant Day!
Bacon, Egg & Cheese Croissant Sandwich
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

Wednesday

3
Mini Bagels: Strawberry or Cinnamon
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

10
Eggo Mini French Toast
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

17
Comet Funnel Cake
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

24
Mini Bagels: Strawberry or Cinnamon
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

31
Comet Glazed Donut
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

Thursday

4
Sausage & Cheese Sandwich
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

11
Ham, Egg & Cheese Sandwich
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

18
Sausage & Cheese Sandwich
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

25
Ham, Egg & Cheese Sandwich
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

Friday

5
Eggo Mini Waffles
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

12
National Glazed Donut Day
Comet Glazed Donut
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

19
Eggo Mini Pancakes
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk

26
Eggo Mini Waffles
Cereal, Breakfast Bar, Grab & Go Items
Choice of: Fresh Veggies, Fruit and Milk



January's Featured Fruit!

Watch and Listen for Surprise Lucky Tray Day Announcements!

Eat a Full Breakfast Meal that Day for a Chance to Win Prizes!

Breakfast Serving Line!
HS Cafeteria "Entree Line!"
- Line up along the wall by the Gym.

Try One from the Grab & Go Cooler on the "Up for Grabs" Line at Lunch!

Cereal Selection May Include:
Trix
Cocoa Puffs
Apple Jacks
Fruit Loops
Rice Krispies
Lucky Charms
Golden Grahams
Cinnamon Toast Crunch
Reese's Peanut Butter Puffs
Chocolate & Regular
Frosted Flakes
Apple Cinnamon, Regular & Fruity Cheerios

All Cereal Bowl Packs and Breakfast Bars are Offered with a Variety of Graham Crackers.
Grab one of each to make 2oz. of Grains at Breakfast!

Breakfast Bar Selection May Include:
Kellogg's Pop Tarts
Chocolate Fudge
Strawberry
Cinnamon
Kellogg's NutraGrain
Apple Cinnamon
Strawberry
Blueberry
Cereal Bars
Cinnamon Toast Crunch
Golden Graham
Fruity Cheerio
Cocoa Puff
Trix

Join us in the morning to start your day!

Grab & Go Featured Breakfast Items May Include
SuperBakery Mini Donuts
Dannon Yogurt Cup with Grahams
Hard Boiled Egg Pops!
- Seasonings & Dipping Sauces
- Served with Grahams