


Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
		1 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	2 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	3 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	<p>What is a Meal?</p> <p>Students must choose at least 3 of the 4 components available for the school breakfast price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.</p> <p>Whole Grain Cereals (served with <i>graham crackers</i>) Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry</p>
6 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	7 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	8 Egg Sandwiches Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	10 Egg Wraps Assorted Cereals or Cereal Bar with Graham Crackers	
13 No school Columbus Day	14 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	15 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	17 Strawberries & Cream Overnight Oats Cup with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	
20 Glazed Dunkin Sticks Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	22 Wraps Assorted Cereals or Cereal Bar with Graham Crackers	23 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	24 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
27 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	28 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	30 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	31 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
<p>Your Team</p> <p>Bernie Kelly, General Manager 570-345-2731, ext. 357 bkelly@pgasd.com</p> <p>Meal Prices</p> <p>Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.85</p> 					<p>(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</p> <p>(VG) Vegan These items do not contain any animal products</p> 