



Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? Students must choose at least 3 of the 4 components available for the school breakfast price. - Choice of Whole Grain - Choice of Protein - Choice of Fruit or Vegetable - Choice of Milk A minimum ¼ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals <i>(served with graham crackers)</i> Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
		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	
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 Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	10 Egg Wrap Assorted Cereals or Cereal Bar with Graham Crackers	
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 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 Egg Wrap 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	
Your Team Bernie Kelly, General Manager 570-345-2731 ext. 357 bkelly@pgasd.com					
Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$2.85					
					
					

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

