

Valley Grove February 9 - March 16, 2018

Elementary Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2/12/18	2/13/18	2/14/18	2/15/18	2/16/18
French Toast Sticks With Syrup or Assorted Cereals with Muffin	Breakfast Pizza or Assorted Cereals with Muffin	Dutch Waffle or Assorted Cereals with Muffin	Sausage Pancake On a Stick or Assorted Cereals with Muffin	Powdered Sugar Donuts or Assorted Cereals with Muffin
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
2/19/18	2/20/18	2/21/18	2/22/18	2/23/18
French Toast Sticks With Syrup or Assorted Cereals with Muffin	Cheese Omelet or Assorted Cereals with Muffin	Dutch Waffle or Assorted Cereals with Muffin	Cinnamon Bun or Assorted Cereals with Muffin	Powdered Sugar Donuts or Assorted Cereals with Muffin
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
2/26/18	2/27/18	2/28/18	3/1/18	3/2/18
French Toast Sticks With Syrup or Assorted Cereals with Muffin	Breakfast Pizza or Assorted Cereals with Muffin	Dutch Waffle or Assorted Cereals with Muffin	Sausage Pancake On a Stick or Assorted Cereals with Muffin	Powdered Sugar Donuts or Assorted Cereals with Muffin
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
3/5/18	3/6/18	3/7/18	3/8/18	3/9/18
French Toast Sticks With Syrup or Assorted Cereals with Muffin	Cheese Omelet or Assorted Cereals with Muffin	Dutch Waffle or Assorted Cereals with Muffin	Cinnamon Bun or Assorted Cereals with Muffin	Powdered Sugar Donuts or Assorted Cereals with Muffin
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
3/12/18	3/13/18	3/14/18	3/15/18	3/16/18
French Toast Sticks With Syrup or Assorted Cereals with Muffin	Breakfast Pizza or Assorted Cereals with Muffin	Dutch Waffle or Assorted Cereals with Muffin	Sausage Pancake On a Stick or Assorted Cereals with Muffin	Powdered Sugar Donuts or Assorted Cereals with Muffin
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
Student Paid Breakfast \$1.25 Student Reduced Breakfast \$0.30 Adult Breakfast \$1.85				

What is a Meal?
You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein
Choice of fruit or vegetable
(must take at least a 1/2 cup)
and
Choice of Milk
Choice of Milk - fat-free white,
chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

Fruit May Include:
Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Whole Grain Cereal Selection May Include:

- Cinnamon Toast Crunch
- Trix
- Cocoa Puffs
- Fruity Cheerios
- Rice Crunch
- Kix
- Cheerios
- Fruit Loops
- Frosted Flakes

Served with WG Muffin or WG Graham Crackers



814 432 3759 x1801

ma1099@metzcorp.com

This institution is an equal opportunity provider

USDA is an equal opportunity provider and employer