

Choose at least 3 of the 4 items offered

Breakfast

Only

\$1.15 Adult Breakfast \$1.25

Common Equivalents

Bagel= 2 breads Cereal=1 bread 1 Slice of Toast=1 bread Cheese, Meat, Sun Butter= protein Fruit/Juice = fruit Milk= milk

Breakfast Bar

Always Available
Toast
Assorted Cereal

Fruits May Include:

Fresh Fruit Choices
Apples—Oranges-Pears
Banana
Assorted Canned Fruits
Peaches-Pears-ApplesauceMandarin Oranges
Choice of Juices
Apple Juice
Orange Juice

MENU SUBJECT TO CHANGE! Myplate.gov

Breakfast Menu Freedom MAY-JUNE 2017

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Sausage on a Stick Syrup	Dutch Waffle Cinnamon Sprinkle	WG B'Berry Pancakes	Breakfast Pizza	French Toast Sticks Syrup
Choice of Juice Choice of Fruit Choice of Milk	Choice of Juice Choice of Fruit Choice of Milk	Choice of Juice Choice of Fruit Choice of Milk	Choice of Juice Choice of Fruit Choice of Milk	Choice of Juice Choice of Fruit Choice of Milk Drone Drawing
	DRONE	RAFFLE		Di chia Bi Gwing
8 Mozzarella Breadsticks Choice of Juice Choice of Fruit Choice of Milk	9 Dutch Waffle Cinnamon Sprinkle Choice of Juice Choice of Fruit Choice of Milk	10 WG Maple Pancakes Choice of Juice Choice of Fruit Choice of Milk	11 Breakfast Pizza Choice of Juice Choice of Fruit Choice of Milk	NO SCHOOL (ACT 80)
AMA	ZO <mark>N ALEXA DOT RA</mark>	AFFLE	ALEXA DRAWING	
15 Chicken Waffle Bites Syrup Choice of Juice Choice of Fruit Choice of Milk	16 Dutch Waffle Cinnamon Sprinkle Choice of Juice Choice of Fruit Choice of Milk	17 Egg/Cheese Sandwich Choice of Juice Choice of Fruit Choice of Milk	18 Breakfast Pizza Choice of Juice Choice of Fruit Choice of Milk	19 French Toast Sticks Syrup Choice of Juice Choice of Fruit Choice of Milk
	\$10 AMAZON GIF	T CARD RAFFLE		- Gift Card Drawing
22 Mozzarella Breadsticks Choice of Juice Choice of Fruit Choice of Milk	Dutch Waffle Cinnamon Sprinkle Choice of Juice Choice of Fruit Choice of Milk	24 WG Maple Pancakes Choice of Juice Choice of Fruit Choice of Milk	25 Breakfast Pizza Choice of Juice Choice of Fruit Choice of Milk	26 French Toast Sticks Syrup Choice of Juice Choice of Fruit Choice of Milk
	\$10 AMAZON GIF	T CARD RAFFLE		Gift Card Drawing
NO SCHOOL	30 CHEF'S CHOICE	Cold Breakfast	Cold Breakfast	



Fruits May Include: Fresh Fruit Choices

Apples—Oranges-Pears
Banana
Assorted Canned Fruits
Peaches-Pears-ApplesauceMandarin Oranges
Choice of Juices
Apple Juice
Orange Juice

Choice of Milk

1 % White Skim Chocolate



Randy Walker Food Service Director rwalker@freedom.k12.pa.us