



CHILDRENS CENTER & ELEMENTARY BREAKFAST



OCTOBER

BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/2022
Breakfast Entrée Banana Bread Slice 1/2 C Fruit FF or 1% White Milk	Breakfast Entrée Grab N Go Maple Waffle 1/2 C Fruit FF or 1% White Milk	Breakfast Entrée Cinnamon Roll 1/2 C Fruit FF or 1% White Milk	Breakfast Entrée Pizza Bagel 1/2 C Fruit FF or 1% White Milk	Breakfast Entrée Egg, Sausage & Cheese Smuckers 1/2 C Fresh Apple Slices FF or 1% White Milk
10/10/2022	10/11/2022	10/12/2022	10/13/2022	10/14/2022
Breakfast Entrée Blueberry Bread Slice 1/2 C Fruit FF or 1% White Milk	Breakfast Entrée Poptart 1/2 C Juice FF or 1% White Milk	Breakfast Entrée Cereal Bar 1/2 C Fruit FF or 1% White Milk	Breakfast Entrée Mini Loaf or Muffin 1/2 C Juice FF or 1% White Milk	Breakfast Entrée Breakfast Pizza 1/2 C Fruit FF or 1% White Milk
10/17/2022	10/18/2022	10/19/2022	10/20/2022	10/21/2022
Breakfast Entrée Pumpkin Bread Slice 1/2 C Fruit FF or 1% White Milk	Breakfast Entrée Grab N Go Maple Waffle 1/2 C Fruit FF or 1% White Milk	Breakfast Entrée Mini Loaf or Muffin 1/2 C Fruit FF or 1% White Milk	Breakfast Entrée Pizza Bagel 1/2 C Juice FF or 1% White Milk	Breakfast Entrée Egg, Sausage & Cheese Smuckers 1/2 C Fruit Cup FF or 1% White Milk
10/24/2022	10/25/2022	10/26/2022	10/27/2022	10/28/2022
Breakfast Entrée Banana Bread Slice 1/2 C Fruit FF or 1% White Milk	Breakfast Entrée Poptart 1/2 C Juice FF or 1% White Milk	Breakfast Entrée Cereal Bar 1/2 C Fruit FF or 1% White Milk	Breakfast Entrée Benefit Bar 1/2 C Juice FF or 1% White Milk	Breakfast Entrée Breakfast Pizza 1/2 C Fruit Cup FF or 1% White Milk
10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
Breakfast Entrée Blueberry Bread Slice 1/2 C Fruit Cup FF or 1% White Milk	Breakfast Entrée Grab N Go Maple Waffle 1/2 C Fruit Cup FF or 1% White Milk	Breakfast Entrée Mini Loaf or Muffin 1/2 C Apple Juice FF or 1% White Milk	Breakfast Entrée Pizza Bagel 1/2 C Fruit Cup FF or 1% White Milk	Breakfast Entrée Egg, Sausage & Cheese Smuckers 1/2 C Fruit Cup FF or 1% White Milk
Food Service Director: jwaltonsmith@goldencrags.com				
Menu Subject to Change				
FULL AND PART TIME CAFETERIA POSITIONS ARE CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT				
FOR DETAILS 724-226-2400 xt. 4180				

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 - 1% white, 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, fruitpunch, grape or apple cran), fresh fruit selection including apples, bananas and oranges



DUE TO NATIONWIDE FOOD SUPPLY CHAIN ISSUES, LAST MINUTE MENU CHANGES MAY OCCUR. WE APPRECIATE YOUR PATIENCE AND UNDERSTANDING DURING THIS TIME.

MENU SUBJECT TO CHANGE