



Franklin Area High School BREAKFAST - January 2022



MONDAY 3 TUESDAY 4 WEDNESDAY 5 THURSDAY 6 FRIDAY 7

Week 1

Entrée	Entrée	Entrée	Entrée	Entrée
Apple or Cherry Frudel	Cinnamon Roll	Assorted Eggo Mini Waffle	Chocolate Chip Muffin with Yoaurt	Chocolate or Powdered Donuts
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


10 11 12 13 14

Week 2

Entrée	Entrée	Entrée	Entrée	Entrée
Assorted Poptart w/ Graham Snack	Assorted Eggo Mini Pancake	Dutch Waffle w/ Svruop	Blueberry Muffin with Yoaurt	
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	

17 18 19 20 21

Week 3

Entrée	Entrée	Entrée	Entrée	Entrée
	Chewy Granola Bar with Trix Yoaurt	Assorted Cereal Breakfast Pocket	French Toast with Svruop	Pancake on a Stick w/ Svruop
	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

24 25 26 27 28

Week 1

Entrée	Entrée	Entrée	Entrée	Entrée
Apple or Cherry Frudel	Cinnamon Roll	Assorted Eggo Mini Waffle	Chocolate Chip Muffin with Yoaurt	Chocolate or Powdered Donuts
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

31 1 2 3 4

Week 2

Entrée	Entrée	Entrée	Entrée	Entrée
Assorted Poptart w/ Graham Snack	Assorted Eggo Mini Pancake	Dutch Waffle w/ Syrup	Blueberry Muffin with Yogurt	Super Donut
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

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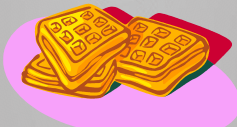
Week 3

Entrée	Entrée	Entrée	Entrée	Entrée
Chocolate Chip Breakfast Bar	Chewy Granola Bar with Trix Yogurt	Assorted Cereal Breakfast Pocket	French Toast with Syrup	Pancake on a Stick w/ Syrup
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

What is a Meal?
You must choose at least 3 of 4 components available for the school breakfast price.
Choice of grain or grain/protein, choice of fruit, and choice of milk
1% White, Fat Free White, Fat Free Chocolate, or Fat Free Strawberry

FRUIT MAY INCLUDE
You must choose at least 1/2 cup!
Canned peaches, applesauce, canned pears, canned pineapple, fruit cocktail, canned mandarin oranges, 100% juice, fresh fruit selection

Whole Grain Cereal Selection May Include, But Not Limited To:
Cinnamon Toast Crunch
Trix
Cocoa Puffs
Fruity Cheerios
Honey Nut Cheerios
Fruit Loops
Frosted Flakes
Chex
Served with (1) Mini Loaf



Come join our team, we are hiring!

Menu Subject To Change Based On Availability



LUNCH PRICES:
Student \$0.00
Reduced \$0.00
Adult \$2.00

General Manager: Tim Gilbert
Phone Number: (814) 432-2121 ex 2120
Email: gilbertt@fasd.k12.pa.us

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