

December

18-19

FRANKLIN ELEMENTARY BREAKFAST MENU

What is a BREAKFAST 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, grape), fresh fruit selection including apples, bananas and oranges

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Fruity Cheerios, Honey Nut Cheerios, Fruit Loops, Frosted Flakes, Chex



Breakfast Prices:

Student \$1.25

Reduced \$.30

Adult \$2.00

District menus are also posted on the FASD website, homepage/parent resources.

FASD Food Service Director/GM

814-432-2121 ext. 2120

fasdfoodservice@fasd.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday

12/3

Flapstick with Syrup
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Tuesday

12/4

Breakfast Pizza
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Wednesday

12/5

Cinnamon Rolls
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Thursday

12/6

Chocolate Donuts
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

Friday

12/7

Ham, Egg, and Cheese Bagel
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12/10

Dutch Waffles
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12/11

Blueberry Bread
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12/12

Mini Pancakes
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12/13

Powdered Donuts
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12/14

Sausage, Egg, and Cheese Muffin
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12/17

Flapstick with Syrup
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12/18

Breakfast Pizza
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12/19

Cinnamon Rolls
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12/20

Chocolate Donuts
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12/21

Ham, Egg, and Cheese Bagel
or
Assorted Cereals with Mini Loaf
Assorted 100% Fruit Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

12/24



WINTER
BREAK
NO SCHOOL!

12/25



12/26



12/27

12/28

12/31

NEW
YEAR'S
EVE