

# March

18-19

## 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

Served with Mini Loaf



## Breakfast Prices:

Student \$1.25

Reduced \$3.00

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](mailto:fasdfoodservice@fasd.k12.pa.us)

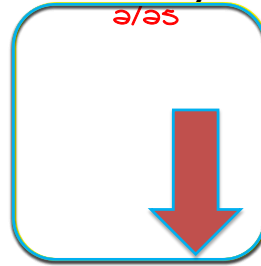
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# FRANKLIN ELEMENTARY BREAKFAST MENU



Monday

3/25



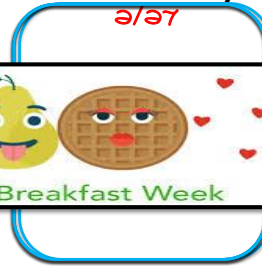
Tuesday

3/26



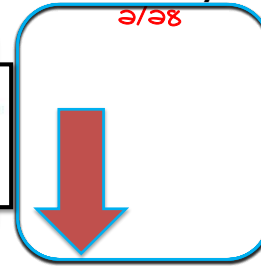
Wednesday

3/27



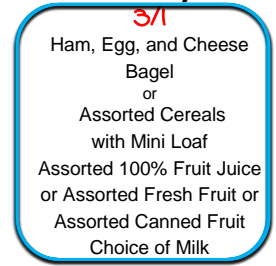
Thursday

3/28



Friday

3/1



1

**3/4**  
Waffles

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/5**  
Fruit and Granola Yogurt Parfait

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/6**  
Breakfast Bowl

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/7**  
French Toast Sticks

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/8**  
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

2

**3/11**  
Flapstick with Syrup

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/12**  
Breakfast Pizza

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/13**  
Cinnamon Rolls

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/14**  
Chocolate Donuts

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/15**  
No School  
Act 80 Day

1

**3/18**  
Waffles

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/19**  
Blueberry Bread

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/20**  
Mini Pancakes

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/21**  
Powdered Donuts

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/22**  
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

2

**3/25**  
Flapstick with Syrup

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/26**  
Breakfast Pizza

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/27**  
Cinnamon Rolls

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/28**  
Chocolate Donuts

or  
Assorted Cereals with Mini Loaf

Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit  
Choice of Milk

**3/29**  
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