



MERCER AREA SCHOOL DISTRICT

Mercer - Coolspring - E. Lackawanna - Findley - Jefferson



Breakfast

February

Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
30 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	31 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	1 <u>NO SCHOOL</u>	2 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	3 PANCAKES Juice Selection Fresh Fruit Choice of Milk
6 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	7 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	8 BREAKFAST PIZZA Juice Selection Fresh Fruit Choice of Milk	9 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	10 SMUCKERS SAND Juice Selection Fresh Fruit Choice of Milk
13 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	14 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	15 BREAKFAST PIZZA Juice Selection Fresh Fruit Choice of Milk	16 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	17 <u>NO SCHOOL</u>
20 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	21 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	22 BREAKFAST PIZZA Juice Selection Fresh Fruit Choice of Milk	23 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	24 CINNAMON BUN Juice Selection Fresh Fruit Choice of Milk
27 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk	28 Continental Breakfast Bar Juice Selection Fresh Fruit Choice of Milk			

Adult Breakfast \$2.10

Milk \$0.35

Menu Subject to Change

Please discuss any food allergy issues concerning your child with Resident Director Jane Ferguson 724-662-5104 ext 23

What Makes a Meal? You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/bread and choice of milk. (1% White Fat Free, Chocolate, Fat Free White) A minimum of ½ cup serving of fruit or a minimum of a ½ cup vegetable **MUST** accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include: Dark green (spinach, broccoli, romaine, spring salad) red/orange (carrots, sweet potatoes, tomatoes, red peppers, beans/peas (Legumes) and starchy (white potatoes, corn, peas, lima beans) Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

Daily Fruit Selections May Include: Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Mellon, Strawberries, Applesauce, Pineapples, and Mandarin Oranges.

No child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write to the Dept. of Agriculture, Washington D.C. 20250

