

Wilkes Barre Area CTC May Breakfast Menu

Food Service Director: Tara Wynn
(570) 822-4131 Ext:118



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/1 Breakfast Pizza Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/2 French Toast Sticks / Syrup Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/3 Grab n Go Warm Apple Frudel Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/4 Sausage and Cheese Breakfast Sandwich Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/5 Pancake Sausage Wrap Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk
5/8 Breakfast Pizza Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/9 French Toast Sticks / Syrup Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/10 Grab n Go Warm Cherry Frudel Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/11 Scrambled Eggs with Toast Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/12 Pancake Sausage Wrap Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk
5/15 Breakfast Pizza Assorted Whole Grain Cereal w/ Toast Chilled Juice or Fruit Fat Free Milk	5/16 French Toast Sticks with Syrup Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/17 Grab n Go Warm Apple Frudel Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/18 Sausage and Cheese Breakfast Sandwich Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/19 Pancake Sausage Wrap Assorted Whole Grain Cereal With Toast Chilled Juice or Fruit Fat Free Milk
5/22 Breakfast Pizza Assorted Whole Grain Cereal With Toast Chilled Fruit or Juice Fat free Milk	5/23 French Toast Sticks with Syrup Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/24 Grab n Go Warm Cherry Frudel Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/25 Scrambled Eggs with Toast Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/26 Pancake Sausage Wrap Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk
5/29 Breakfast Pizza Assorted Whole Grain Cereal With Toast Chilled Fruit or Juice Fat free Milk	5/30 French Toast Sticks with Syrup Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk	5/31 Grab n Go Warm Apple Frudel Assorted Whole Grain Cereal with Toast Chilled Juice or Fruit Fat Free Milk		 Whole Grains Available Daily

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 2—Half Cup Fruit, and 1/2 Pint Milk

Offered Daily

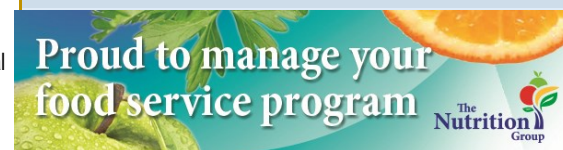
Muffins
Chocolate Chip Oatmeal Breakfast Bar
Banana Chocolate Oatmeal Breakfast Bar
Apple Cinnamon Breakfast Bar
Fortified Breakfast Pastries
Warm Bagels

Variety of Fresh Fruit, 100% Fruit Juice & Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free Vanilla
Fat Free White and Low Fat White



Menu Subject to Change

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE