



Tunkhannock Primary January 2019 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Tiger Muffin (Egg & Cheese on an English Muffin) or Delish Muffin Assorted Fruit Assorted Juices Variety of Milk	3 WW Breakfast Pizza or Yogurt w/ graham Assorted Fruit Assorted Juices Variety of Milk	4 WG Dutch Waffle Or Bagel w/ Cream Cheese Assorted Fruit Assorted Juices Variety of Milk
	7 WW Pizza Bagel or Cinnamon Roll Assorted Fruit Assorted Juices Variety of Milk	8 Maple Mini Pancakes or Cereal w/ Crackers Assorted Fruit Assorted Juices Variety of Milk	9 Scrambled Eggs w/ ½ Bagel or Delish Muffin Assorted Fruit Assorted Juices Variety of Milk	10 Pancake on a Stick or Yogurt w/ graham Assorted Fruit Assorted Juices Variety of Milk
14 WW Pizza Bagel or Cinnamon Roll Assorted Fruit Assorted Juices Variety of Milk	15 Maple Mini Pancakes or Cereal w/ Crackers Assorted Fruit Assorted Juices Variety of Milk	16 Tiger Muffin or Whole Grain Muffin Assorted Fruit Assorted Juices Variety of Milk	17 WW Breakfast Pizza or Yogurt w/ graham Assorted Fruit Assorted Juices Variety of Milk	18 WG Dutch Waffle Or Bagel w/ Cream Cheese Assorted Fruit Assorted Juices Variety of Milk
21 WW Pizza Bagel or Cinnamon Roll Assorted Fruit Assorted Juices Variety of Milk	22 Maple Mini Pancakes or Cereal w/ Crackers Assorted Fruit Assorted Juices Variety of Milk	23 Scrambled Eggs w/ ½ Bagel or Whole Grain Muffin Assorted Fruit Assorted Juices Variety of Milk	24 Pancake on a Stick or Yogurt w/ graham Assorted Fruit Assorted Juices Variety of Milk	25 WG Dutch Waffle Or Bagel w/ Cream Cheese Assorted Fruit Assorted Juices Variety of Milk
28 WW Pizza Bagel or Cinnamon Roll Assorted Fruit Assorted Juices Variety of Milk	29 Maple Mini Pancakes or Cereal w/ Crackers Assorted Fruit Assorted Juices Variety of Milk	30 Tiger Muffin or Muffin Assorted Fruit Assorted Juices Variety of Milk	31 	Breakfast: Students must take 3 of 4 choices and one choice must be ½ cup of fruit to quality for a breakfast

Milk Choices: 1% White, Fat Free White, Fat Free Flavors
Chocolate, Strawberry, Vanilla

All Students may get one free breakfast.
Milk \$0.50



Start your day with a Hot Breakfast!

What is a breakfast Meal?

You must choose at least 3 of 4 Components.

Choice of 2 Grain or 2 Grain/Protein
Choice of Fruit or Vegetable
(must take a ½ Cup Serving)
or
Choice of Milk

**Must take a ½ cup of fruit(including juice) Or Vegetable

Fruit May include:
Assorted Fresh Fruit
Applesauce
Pineapple
100%juice

