


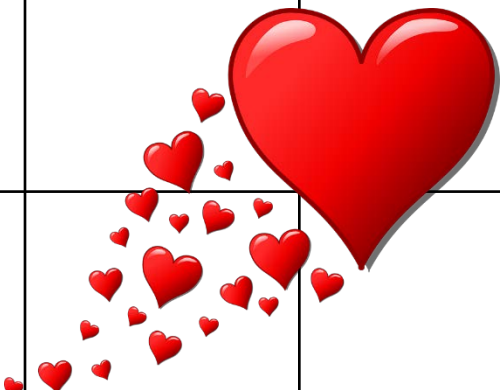




T unkhannock Primary Center Breakfast

BREAKFAST

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mini Bagels filled w/ Strawberry Cream Cheese OJ & Apple Sauce Choice Of Milk	2 WW Cinnamon Roll Fruit Juice Apple Slices Choice Of Milk	3 Cinnamon Poptart Apple Juice Choice Of Milk
6 Chocolate WG Muffin Orange Juice Choice Of Milk	7 Blueberry Poptart Apple Juice Choice Of Milk	8 Mini Bagels filled w/ Strawberry Cream Cheese OJ & Apple Sauce Choice Of Milk	9 WW Cinnamon Roll Fruit Juice Apple Slices Choice Of Milk	10 Benefit Bar Banana Choice of Milk
13 Blueberry WG Muffin Orange Juice Choice Of Milk	14 Cereal Bar Apple Juice Choice Of Milk	15 Mini Bagels filled w/ Strawberry Cream Cheese OJ & Apple Sauce Choice Of Milk	16 WW Cinnamon Roll Fruit Juice Apple Slices Choice Of Milk	17 Benefit Bar Banana Choice of Milk
20 Chocolate WG Muffin Orange Juice Choice Of Milk	21 Blueberry Poptart Apple Juice Choice Of Milk	22 Mini Bagels filled w/ Strawberry Cream Cheese OJ & Apple Sauce Choice Of Milk	23 WW Cinnamon Roll Fruit Juice Apple Slices Choice Of Milk	24 
27 Blueberry WG Muffin Orange Juice Choice Of Milk	28 Cereal Bar Apple Juice Choice Of Milk			
				

All Students may get one free breakfast.
Milk \$0.60
Winter

Breakfast
Served in classroom in Bag with Individually Wrapped Napkin, straw & plastic Spork



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 1/2 Cup Serving)

or
Choice of Milk

**Must take a 1/2 cup of fruit(including juice)
Or Vegetable

Fruit May include:
Assorted Fresh Fruit
Applesauce
100%juice



Start your day with a Hot Breakfast!