



# Tunkhannock Primary February 2019 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
				1 WG Dutch Waffle Or Bagel w/ Cream Cheese <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>
4 WW Pizza Bagel or Cinnamon Roll <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	5 Maple Mini Pancakes or Cereal w/ Crackers <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	6 <b>Scrambled Eggs w/ 1/2 Bagel or Delish Muffin</b> <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	7 <b>Pancake on a Stick or Yogurt w/ graham</b> <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	8 WG Dutch Waffle Or Bagel w/ Cream Cheese <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>
11 WW Pizza Bagel or Cinnamon Roll <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	12 Maple Mini Pancakes or Cereal w/ Crackers <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	13 <b>Tiger Muffin or Whole Grain Muffin</b> <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	14 WW Breakfast Pizza or Yogurt w/ graham <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	15 WG Dutch Waffle Or Bagel w/ Cream Cheese <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>
18 WW Pizza Bagel or Cinnamon Roll <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	19 Maple Mini Pancakes or Cereal w/ Crackers <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	20 <b>Scrambled Eggs w/ 1/2 Bagel or Whole Grain Muffin</b> <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	21 Pancake on a Stick or Yogurt w/ graham <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	22 WG Dutch Waffle Or Bagel w/ Cream Cheese <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>
25 WW Pizza Bagel or Cinnamon Roll <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	26 Maple Mini Pancakes or Cereal w/ Crackers <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	27 <b>Tiger Muffin or Muffin</b> <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	28 WW Breakfast Pizza or Yogurt w/ graham <b>Assorted Fruit</b> <b>Assorted Juices</b> <b>Variety of Milk</b>	Breakfast: Students must take 3 of 4 choices and one choice must be 1/2 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 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

