

January 2018



SOUTHERN FULTON SCHOOL DISTRICT BREAKFAST MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school breakfast price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable breakfast
Meal or meal alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Daily Fruit Selection May include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Cereal choice May include:
Cinnamon toast Crunch
Trix
Cocoa Puffs
Lucky Charms
Cheerios
Fruit Loops

Menu Subject to Change



**BONGO
BLUEBERRIES**

Breakfast Prices
Student Elementary .95
Student High School 1.20
Reduced \$.30
Adult \$1.50

Jaime Barnard, Cafeteria Manager

jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
myschoolaccount.com Feature we now accept credit cards online at myschoolaccount.com no school happy new year	Poptarts or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Pancake on a stick with Sausage or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Egg and Cheese on Croissant or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
8 Blueberry Muffin or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	9 Cinnamon Rolls or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10 Funnel Cake or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	11 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	12 Soft Pretzel with cheese or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
15 No School Possible make up day	16 Yogurt With Graham cracker or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	17 Pancakes in a bag with sausage or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	18 Bacon Egg and Cheese Biscuit or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	19 French Toast Sticks or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
22 Poptarts or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	23 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	24 Pancakes on a stick or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	25 French Toast Sticks Sausage or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	26 Egg and Cheese on Croissant or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
29 Fruit Churro or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	30 Cinnamon Rolls or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	31 Funnel Cake or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk		