

March 2019



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**



Breakfast Prices  
Student Elementary 1.05  
Student High School 1.30  
Reduced \$.30  
Adult \$1.50

Jaime Barnard, Cafeteria Manager

[jbarnard@sfsd.k12.pa.us](mailto:jbarnard@sfsd.k12.pa.us)

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
	Pay online <a href="http://myschoolaccount.com">myschoolaccount.com</a> Feature we now accept credit card online <a href="http://myschoolaccount.com">atmyschoolaccount.com</a>			1 Egg and Cheese on Croissant or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
4 BlueBerry Muffin or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	5 Cinnamon Rolls or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	6 Funnel Cake or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	7 Breakfast Pizza or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	8 Egg, Bacon and Cheese On a Roll or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
11 Yogurt With Graham cracker or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	12 Breakfast Pizza or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	13 Pancakes in a bag with sausage or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	14 Bacon Egg and Cheese Biscuit or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	15 French Toast Sticks or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
18 Poptarts or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	19 Breakfast Pizza or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	20 Pancake on a stick with Sausage or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	21 French Toast Sticks Sausage or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	22    No School
25 Fruit Churro or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	26 Cinnamon Rolls or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	27 Breakfast Pizza or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	28 Funnel Cake or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	29 Pancake on a stick with Sausage or Assorted Cereals  Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk