## JANUARY 2024

What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein Choice of fruit or vegetable (must take at least a 1/2 cup)

Choice of Milk

Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable Whole Grain Cereal Selection May Include: Cinnamon Toast Crunch

Trix
Cocoa Puffs

Fruity Cheerios
Rice Crunch
Kix

Cheerios Fruit Loops Frosted Flakes Served with Toast

## Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

> General Manager: Rebecca Salerno (570) 474-6782 ma1106@metzcorp.com

> > MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider and employer.



## Crestwood School District Breakfast Menu

Monday



Chocolate Chip Muffin or Assorted Cereal w/Jungle Crackers

Tuesday

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk Wednesday

French Toast Sticks or Assorted Cereal WJungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk Thursday

Goodyring Donuts or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk Friday

Breakfast Pizza or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk

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Coffee Cake or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk Pancake Sausage on A Stick or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 10

Mini Waffles or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 11

Scrambeled Eggs or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 12

Yogurt Parfait or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk

15 NO SCHOOL TODAY



16
Goodyring Donuts

or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 17

Assorted Muffins or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 18

Pancake Sausage on A Stick or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 19

Cinnamon Roll or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk

22

Cheese Oemelet or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 23

French Toast Sticks or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 24

Apple Strudel or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 25

Scrambeled Eggs or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk

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26 NO SCHOOL TODAY ACT 80 DAY

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Cinnamon Rols or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 30

Yogurt Parfait or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk 31

French Toast Sticks or Assorted Cereal w/Jungle Crackers

Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk

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