



WJHSD Breakfast Menu May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
4/29/24	4/30/24	5/1/24	5/2/24	5/3/24
Blueberry Donut Holes or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Dutch Waffle or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Yogurt Parfait or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cheese Omelet or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Apple Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit & Milk Choice of Milk
Breakfast is FREE to all registered students compliments of the State of Pennsylvania for the 2023-2024 School Year!!!				
5/6/24	5/7/24	5/8/24	5/9/24	5/10/24
Dutch Waffle or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini Cinni Rolls or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cheese Omelet or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Apple Strudel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit & Milk Choice of Milk
5/13/24	5/14/24	5/15/24	5/16/24	5/17/24
Sliced Pumpkin Bread or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Eggo Waffle or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Chocolate Chip Breakfast Bar or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Croissant or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Strawberry Mini Bagel or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/20/24	5/21/24	5/22/24	5/23/24	5/24/24
Donut Stix or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh/Canned Fruit Choice of Milk	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Yogurt & Fruit Parfait or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Chocolate Chip French Toast or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Teacher In-Service  No School for Students
5/27/24	5/28/24	5/29/24	5/30/24	5/31/24
<div style="text-align: center;">  Happy Memorial Day No School </div>	Pancake & Sausage on a Stick or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Confetti Breakfast Bar or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Yogurt & Fruit Kabob or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Burrito or Assorted Cereals or Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk



Benefits of Healthy Breakfast
(The most important meal of day)

- Helps you control weight
- Feel more energized throughout the day
- Improves concentration and focus
- Reduce the risk of illness and diseases

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

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch
 Trix, Apple Jacks,
 Cocoa Puffs,
 Fruity Cheerios
 Rice Crunch, Kix
 Honey Nut Chex
 Cheerios
 Fruit Loops
 Frosted Flakes

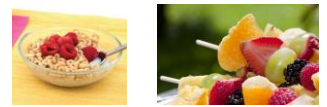
Served with Graham Crackers

Fruit May Include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples.

OTHER BREAKFAST OPTIONS MAY INCLUDE:

WG DONUTS
PANCAKE ON A STICK
MINI LOAF & BREADS
WG BAGEL
BREAKFAST SANDWICH
BREAKFAST BAR
MUFFINS



MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

www.schoolcafe.com for online payments
 Paying by Check? Make checks payable to "WJHSD Cafeteria Fund"
 John Rambo Food Service Director
jrambo@wjhsd.net
 412-655-8610 x6270

USDA is an equal opportunity provider and employer.

Student Paid Breakfast \$1.80/\$1.90 Student Reduced Breakfast \$0.30 Ala Carte Available!