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Benefits of Healthy Breakfast (The most important meal of day) Helps you contol weight - Feel more energized throughout the day Improves concentration and focus - Reduce the risk of illness and diseases

	WJHSE) Breakfast /	Menu May 2	2025	
Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
5/5/25	5/6/25	5/7/25	5/8/25	5/9/25	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)
Mini Donuts	Breakfast Pizza	Yogurt & Fruit 0Parfait	Chocolate Chip French Toast	Dutch Waffle	
or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar	or Assorted Cereals or Cereal Bar	
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	AND Choice of Milk Choice of Milk - 1% white, fat-fre
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	white, chocolate, vanilla and
& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit	& Assorted Fresh or Canned Fruit & Milk	strawberry
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
					Whole Grain Cereal
Breakfast is FREE to all registered students compliments of the State of Pennsylvania for the 2024-2025 School Year!!! 5/12/25 5/13/25 5/14/25 5/15/25 5/16/25					Selection May Include
					selection May include
Blueberry Donut Holes	Pancake & Sausage on a Stick	Confetti Breakfast Bar	Egg & Cheese Burrito	Mini Pancakes	Cine and a To act Coursel
or	Or Asserted Consel Der	Or Assested Consola on Consol Dec	Or Asserted Consels on Consel Dec	Or Assested Osciale as Oscial Dec	Cinnamon Toast Crunch, Lucky Charms,
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Honey Nut Cheerios,
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	Trix, and Cocoa Puffs
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	1 marsh
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit & Milk	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	A A A A A A A A A A A A A A A A A A A
5/19/25	5/20/25	5/21/25	5/22/25	5/23/25	
Mini Donuts	Dutch Waffle	Yogurt & Fruit Buffet	Sliced Banana Bread	Teacher In-Service	
or	or	or	or		Fruit May Include:
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	NO SCHOOL	Canned peaches, applesauce
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	TEACHER INSERVICE DAY	pears, pineapple, fruit cockta mandarin oranges, 100% juic
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice		(apple, orange), fresh fruit
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh		selection including apples,
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	No School for Students	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk		OTHER BREAKFAST OPTION
5/26/25	5/27/25	5/28/25	5/29/25	5/30/25	MAY INCLUDE:
Memorial Day	Breakfast Pizza	Mini Cinni Rolls	Chocolate Chip French Toast	Bagel with Cream Cheese	WG DONUTS PANCAKE ON A STICK
	or Assorted Cereals or Cereal Bar	MINI LOAF & BREADS			
	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	WG BAGEL
	with Granam Grackers		with Granam Grackers		BREAKFAST SANDWICH
Happy Memorial Day	Assorted 100% Fruit Juice	BREAKFAST BAR			
	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	MUFFINS
No School	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	
No ochoor	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
6/2/25	6/3/25	6/4/25	6/5/25	6/6/25	
Sliced Banana Bread	Eggo Waffle	Chocolate Chip Breakfast Bar	Chefs Choice	SUMMER VACATION!!!	
or	or	or	or		MENU IS SUBJECT TO CHANGE BAS
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar		ON PRODUCT AVAILABILITY
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	ENJOY YOUR SUMMER	www.schoolcafe.com for online payme
Accorded 100% Emilt Inite	Apported 100% Emit luic-	Apported 100% Emit Lui	Accorded 100% Emit luin-	BINEAN C	Paying by Check? Make check
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice		payable to "WJHSD Cafeteria Fu
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh		John Rambo Food Service Direc
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit		jrambo@wjhsd.net
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	SEE YOU IN AUGUST!!!	412-655-8610 x6270
Student Paid	& Reduced Breakfas	st \$0.00 Adult Brea	<u>kfast \$2.85</u> <u>Ala Ca</u>	rte Available!	USDA is an equal opportunity prov and employer.

Looking for nutritional info on the menu? Go to schoolcafe.com for more information. Instructions can be found on the District Website