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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/protei Choice of fruit or vegetable
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	(must take at least a 1/2 cup) AND Choice of Milk
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Choice of Milk - 1% white, fat-fr white, chocolate, vanilla and
& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	& Assorted Fresh	strawberry
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	
Breakfast is FREE to all registered students compliments of the State of Pennsylvania for the 2024-2025 School Year!!!					Whole Grain Cereal
5/12/25	5/13/25	5/14/25	5/15/25	5/16/25	Selection May Include
Blueberry Donut Holes	Pancake & Sausage on a Stick	Confetti Breakfast Bar	Egg & Cheese Burrito	Mini Pancakes	-
or	or	or	or	or	Cinnamon Toast Crunch,
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	Lucky Charms,
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	Honey Nut Cheerios, Trix, and
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Cocoa Puffs
& Assorted T00% Fruit Juice	& Assorted Fresh	& Assorted T00% Fruit Juice	& Assorted Fresh	& Assorted Fresh	
or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit	or Canned Fruit & Milk	(and the second
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	A Classe
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	reacher in bervice	
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar		Fruit May Include:
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	NO SCHOOL TEACHER	Canned peaches, applesauc pears, pineapple, fruit cockta
				INSERVICE DAY	mandarin oranges, 100% juic
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice		(apple, orange), fresh fruit selection including apples,
& 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
X XX	or	or	or	or	PANCAKE ON A STICK
* A P	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	MINI LOAF & BREADS
*	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	WG BAGEL
Happy Memorial Day					BREAKFAST SANDWICH
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	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	
1/0/05	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 Negetted Corocle or Corocl Per	or Assorted Cereals or Cereal Bar	Of Asserted Caracle or Caracle Dar	Or Accorted Carpela or Carpel Par		MENU IS SUBJECT TO CHANGE BAS ON PRODUCT AVAILABILITY
Assorted Cereals or Cereal Bar		Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	ENJOY YOUR	
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	Summer BREAK	www.schoolcafe.com for online payme
					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	kfast \$2.85 Ala Ca	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