



JUNE

WJHSD Breakfast Menu June 2024

Monday 6/3/24	Tuesday 6/4/24	Wednesday 6/5/24	Thursday 6/6/24	Friday 6/7/24
Blueberry Donut Holes or Assorted Cereals or Cereal Bar with Graham Crackers	Dutch Waffle or Assorted Cereals or Cereal Bar with Graham Crackers			Thank you for your support over the past year! See you again 8/26/2024!
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk			

Breakfast is FREE to all registered students compliments of the State of Pennsylvania for the 2023-2024 School Year!!!

6/10/24	6/11/24	6/12/24	6/13/24	6/14/24

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!