



MARCH



WJHSD Breakfast Menu March 2023

Monday 2/27/23	Tuesday 2/28/23	Wednesday 3/1/23	Thursday 3/2/23	Friday 3/3/23
 <p>Benefits of Healthy Breakfast (The most important meal of day)</p> <ul style="list-style-type: none"> • Helps you control weight • Feel more energized throughout the day • Improves concentration and focus • Reduce the risk of illness and diseases 				
<p>Breakfast is FREE to all registered students compliments of the State of Pennsylvania!!!</p>				
3/6/23	3/7/23	3/8/23	3/9/23	3/10/23
Sliced Banana Bread or Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	Mini Cinni Rolls or Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast or Assorted Cereals or Cereal Bar with Graham Crackers	Apple Strudel or Assorted Cereals or Cereal Bar with Graham Crackers
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
3/13/23	3/14/23	3/15/23	3/16/23	3/17/23
Act 80 In-Service Day  No School	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip Breakfast Bar or Assorted Cereals or Cereal Bar with Graham Crackers	Mini Donuts or Assorted Cereals or Cereal Bar with Graham Crackers	Apple Strudel or Assorted Cereals or Cereal Bar with Graham Crackers
	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
3/20/23	3/21/23	3/22/23	3/23/23	3/24/23
Strawberry Mini Bagel or Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	Yogurt & Fruit Parfait or Assorted Cereals or Cereal Bar with Graham Crackers	French Toast Sticks with Syrup or Assorted Cereals or Cereal Bar with Graham Crackers	Dutch Waffle or Assorted Cereals or Cereal Bar with Graham Crackers
Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
3/27/23	3/28/23	3/29/23	3/30/23	3/31/23
Blueberry Donut Holes or Assorted Cereals or Cereal Bar with Graham Crackers	Breakfast Pizza or Assorted Cereals or Cereal Bar with Graham Crackers	Eggo Waffle or Assorted Cereals or Cereal Bar with Graham Crackers	Chocolate Chip French Toast or Assorted Cereals or Cereal Bar with Graham Crackers	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	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk

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
Cocoa Puffs
Fruity Cheerios
Rice Crunch
Kix
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
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 \$1.85 Student Reduced Breakfast \$0.30 Ala Carte Offerings Available!