

Smethport Area High School Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/24 Breakfast Burrito OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	9/25 Iced Cinnamon Roll Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	9/26 Egg, Ham and Cheese Sandwich Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	9/27 Glazed Donut Ring Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	9/28 Dutch Waffle Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk
10/1 Blueberry Muffin OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/2 Sausage and Cheese Biscuit OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/3 Pancake Wrap OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/4 French Toast Sticks OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/5 Egg and Cheese Bagel OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk
10/8 No School	10/9 Breakfast Pizza OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/10 Mini Cinnis OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/11 Mini Yogurt Parfait OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/12 Zucchini Bread OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk
10/15 Breakfast Burrito OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/16 Iced Cinnamon Roll Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/17 Egg, Ham and Cheese Sandwich Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/18 Glazed Donut Ring Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/19 Dutch Waffle Or Cereal Bar 100% Juice Fresh Fruit Low Fat Milk
10/22 Blueberry Muffin OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/23 Sausage and Cheese Biscuit OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/24 Pancake Wrap OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/25 French Toast Sticks OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk	10/26 Egg and Cheese Bagel OR Cereal Bar 100% Juice Fresh Fruit Low Fat Milk

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free White, Low Fat White, Fat Free Chocolate and Low Fat Strawberry



Proud to manage your
food service program



Meal Prices:
Paid \$1.30
Reduced \$0.40
Adult \$2.00

The Smethport Area School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE