

March 2020



**SOUTHERN FULTON SCHOOL DISTRICT  
BREAKFAST MENU**

**What is a Meal?**

You must choose at least 3 of the 5 components available for the school breakfast price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable breakfast**

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white, and fat-free chocolate

**Daily Fruit Selection May Include:**

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Cereal choice May include:**

- Cinnamon toast Crunch
- Trix
- Cocoa Puffs
- Lucky Charms
- Cheerios
- Fruit Loops

**Menu Subject to Change**



**Breakfast Prices**  
 Student Elementary 1.15  
 Student High School 1.40  
 Reduced \$.30  
 Adult \$1.50

**Jaime Barnard, Cafeteria Manager**

[jbarnard@sfsd.k12.pa.us](mailto:jbarnard@sfsd.k12.pa.us)

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Cinnamon rolls or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>3</b> Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>4</b> Funnel Cake or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>5</b> Pancake on a stick with Sausage or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>6</b> Egg and Cheese on Croissant or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>9</b> BlueBerry Muffin or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>10</b> French Toast Sticks or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>11</b> Funnel Cake or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>12</b> Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>13</b> Poptarts or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>16</b> Yogurt With Graham cracker or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>17</b> Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>18</b> Bacon Egg and Cheese Biscuit or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>19</b> Pancakes in a bag with sausage or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>20</b> No School Act 80 Day
<b>23</b> Poptarts or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>24</b> Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>25</b> Pancake on a stick with Sausage or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>26</b> French Toast Sticks Sausage or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>27</b> Muffin or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
<b>30</b> Cinnamon Rolls or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>31</b> Fruit Churro or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	<b>1</b>	<b>2</b>	<b>3</b>