

Southern Tioga School District Elementary Breakfast January 2nd-31st 2019

Food Service Director: Tammy Stough
nutrition@southerntioga.org
570-638-2183 ext. 315



		1/2 French Toast Sticks w/ Syrup 100% Juice Fresh Fruit Low Fat Milk	1/3 Breakfast Taco 100% Juice Fresh Fruit Low Fat Milk	1/4 Pancake Sausage Wrap 100% Juice Fresh Fruit Low Fat Milk
1/7 Mini Waffles 100% Juice Fresh Fruit Low Fat Milk	1/8 Cinnamon Pretzel Stick 100% Juice Fresh Fruit Low Fat Milk	1/9 Egg & Cheese Biscuit 100% Juice Fresh Fruit Low Fat Milk	1/10 Mini Pancakes 100% Juice Fresh Fruit Low Fat Milk	1/11 Crescent Filled Grape 100% Juice Fresh Fruit Low Fat Milk
1/14 WG Goody Ring 100% Juice Fresh Fruit Low Fat Milk	1/15 WG Cinnamon Bun 100% Juice Fresh Fruit Low Fat Milk	1/16 Breakfast Taco 100% Juice Fresh Fruit Low Fat Milk	1/17 French Toast Sticks w/ Syrup 100% Juice Fresh Fruit Low Fat Milk	1/18 Pancake Sausage Wrap 100% Juice Fresh Fruit Low Fat Milk
1/21 NO SCHOOL	1/22 Cinnamon Pretzel Stick 100% Juice Fresh Fruit Low Fat Milk	1/23 Egg & Cheese Biscuit 100% Juice Fresh Fruit Low Fat Milk	1/24 Mini Pancakes 100% Juice Fresh Fruit Low Fat Milk	1/25 Crescent Filled Grape 100% Juice Fresh Fruit Low Fat Milk
1/28 WG Goody Ring 100% Juice Fresh Fruit Low Fat Milk	1/29 WG Cinnamon Bun 100% Juice Fresh Fruit Low Fat Milk	1/30 Breakfast Taco 100% Juice Fresh Fruit Low Fat Milk	1/31 French Toast Sticks w/ Syrup 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

Elementary Alternate Option Include:
Whole Grain Cereal and Toast

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



Milk Choices Offered Daily

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

**Proud to manage your
food service program**



**Meal Prices:
Paid \$1.25
Reduced .30**

The 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

MENUS SUBJECT TO CHANGE