

Southern Tioga High School Breakfast Menu

January 2nd-31st 2019

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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
1/14 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 Dutch Waffle 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

High School Alternate Options May Include:

Monday: Assorted Muffins
 Tuesday: Crescent Filled Grape
 Wednesday: Zucchini Bread
 Thursday: Mini Cinnis
 Friday: Assorted Muffins

Daily: Whole Grain Cereal with Toast, Assorted Cereal Bars
 M-W-F: Breakfast Pizza w/ Sausage
 T-Th: Egg & Cheese on a Bagel

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