

**JUNE
2022**



**Erie's Public Schools
High School Breakfast Menu**

What is a Meal?

You must choose at least 3 of the 4 components available for a qualifying school breakfast. A choice of grain or grain/protein, choice of fruit and choice of milk. Choice of Milk - 1% white or fat-free white

Whole Grain Cereal Selection

May Include:

- Cheerios
- Cinnamon Toast Crunch
- Golden Grahams
- Kix
- Lucky Charms
- Reese's Puffs
- Rice Crunch
- Total

Some selections are reduced sugar!

Daily Fruit Selections

May Include:

oranges, apples, bananas, fruit juice, pears, peaches, strawberries, applesauce, pineapple and mandarin oranges

Menu is subject to change based on availability.

Free breakfast and lunch to all students when school is in session.

Monday

Tuesday

Wednesday

Thursday

Friday

Empty breakfast menu box for Monday.

Empty breakfast menu box for Tuesday.

1
Choice of Cereal
Choice of Assorted Grains
Breakfast Sandwich Grill

100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

2
Choice of Cereal
Choice of Assorted Grains
Breakfast Sandwich Grill

100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

3
Choice of Cereal
Choice of Assorted Grains
Breakfast Sandwich Grill

100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

6
Choice of Cereal
Choice of Assorted Grains
Breakfast Sandwich Grill

100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

7
Choice of Cereal
Choice of Assorted Grains
Breakfast Sandwich Grill

100% Apple Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

8
Choice of Cereal
Choice of Assorted Grains
Breakfast Sandwich Grill

100% Orange Juice
or Assorted Fresh Fruit or
Assorted Canned Fruit
Choice of Milk

9
Empty breakfast menu box for Thursday.

10
Empty breakfast menu box for Friday.

13
Empty breakfast menu box for Monday.

14
Empty breakfast menu box for Tuesday.

15
Empty breakfast menu box for Wednesday.

16
Empty breakfast menu box for Thursday.

17
Empty breakfast menu box for Friday.

20
Empty breakfast menu box for Monday.

21
Empty breakfast menu box for Tuesday.

22
Empty breakfast menu box for Wednesday.

23
Empty breakfast menu box for Thursday.

24
Empty breakfast menu box for Friday.

27
Empty breakfast menu box for Monday.

28
Empty breakfast menu box for Tuesday.

29
Empty breakfast menu box for Wednesday.

30
Empty breakfast menu box for Thursday.

Empty breakfast menu box for Friday.



Jennifer Johns - Food Service Director
Jean Viglione - Registered Dietitian
Shawn Leh - Chef Manager
Jess Kremer - Chef Manager

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