

EAST CHESTER, JACKS CREEK, WEST CHESTER, MIDDLE SCHOOL, JUNIOR HIGH
BREAKFAST MENUS

MONDAY, APRIL 24, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
Or
Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

TUESDAY, APRIL 25, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
Or
Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

WEDNESDAY, APRIL 26, 2017

BREAKFAST

Chicken Patty/Biscuit, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
OR
Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

THURSDAY, APRIL 27, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
OR
Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice & Milk Choice

FRIDAY, APRIL 28, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
OR
Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

BREAKFAST MEAL PATTERN

MUST OFFER 4 COMPONENTS PER DAY

EACH CUSTOMER MUST CHOOSE AT THE MINIMUM ½ CUP OF FRUIT/VEGETABLE OR JUICE.

GRAINS (1 oz. daily minimum) ELEMENTARY SCHOOL - 7-10 oz. equivalent week
JUNIOR HIGH SCHOOL - 8-10 oz. equivalent week

MEAT/MEAT ALTERNATE (NONE REQUIRED, BUT MAY SUBSTITUTE 1 oz. GRAIN EQUIVALENT OF MEAT/MEAT ALTERNATE FOR A 1 oz. GRAIN AFTER MINIMUM DAILY GRAIN IS MET.
ALTERNATELY, M/MA MAY BE OFFERED AS AN EXTRA FOOD AND NOT CREDITED TOWARD ANY COMPONENT.

FRUIT/FRUIT JUICE/VEGETABLES (1 Cup Daily) 5 weekly

FLUID MILK (1 Cup Daily) 5 weekly

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EAST CHESTER, JACKS CREEK, WEST CHESTER, MIDDLE SCHOOL, JUNIOR HIGH
BREAKFAST MENUS

MONDAY, MAY 1, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

OR

Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

TUESDAY, MAY 2, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

OR

Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

WEDNESDAY, MAY 3, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

OR

Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

THURSDAY, MAY 4, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

OR

Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

FRIDAY, MAY 5, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

OR

Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

BREAKFAST MEAL PATTERN

MUST OFFER 4 COMPONENTS PER DAY

EACH CUSTOMER MUST CHOOSE AT THE MINIMUM ½ CUP OF FRUIT/VEGETABLE OR JUICE.

GRAINS (1 oz. daily minimum) ELEMENTARY SCHOOL - 7-10 oz. equivalent week
JUNIOR HIGH SCHOOL - 8-10 oz. equivalent week

MEAT/MEAT ALTERNATE (NONE REQUIRED, BUT MAY SUBSTITUTE 1 oz. GRAIN EQUIVALENT OF MEAT/MEAT ALTERNATE FOR A 1 oz. GRAIN AFTER MINIMUM DAILY GRAIN IS MET.
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FRUIT/FRUIT JUICE/VEGETABLES (1 Cup Daily) 5 weekly

FLUID MILK (1 Cup Daily) 5 weekly

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MONDAY, MAY 8, 2017

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
Or
Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

TUESDAY, MAY 9, 2017

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
OR
Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

WEDNESDAY, MAY 10, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
OR
Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

THURSDAY, MAY 11, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
OR
Choice of Whole Grain Cereal, Whole Grain Pop tart, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

FRIDAY, MAY 12, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
OR
Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

BREAKFAST MEAL PATTERN

MUST OFFER 4 COMPONENTS PER DAY

EACH CUSTOMER MUST CHOOSE AT THE MINIMUM ½ CUP OF FRUIT/VEGETABLE OR JUICE.

GRAINS (1 oz. daily minimum) ELEMENTARY SCHOOL - 7-10 oz. equivalent week
JUNIOR HIGH SCHOOL - 8-10 oz. equivalent week

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FLUID MILK (1 Cup Daily) 5 weekly

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EAST CHESTER, JACKS CREEK, WEST CHESTER, JUNIOR HIGH
BREAKFAST MENUS

MONDAY, MAY 15, 2017

BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
OR

Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

TUESDAY, MAY 16, 2017

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
OR

Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

WEDNESDAY, MAY 17, 2017

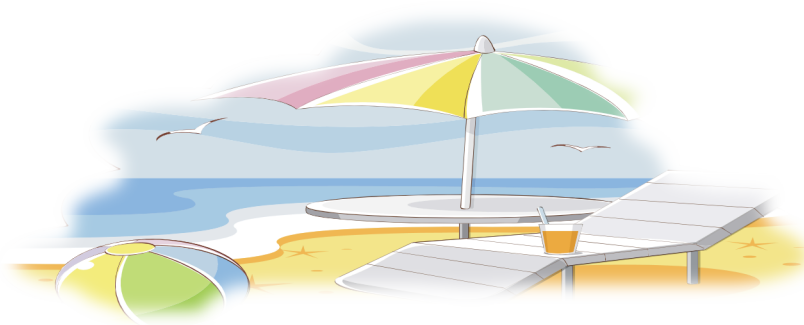
BREAKFAST

MANAGER'S CHOICE, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice
OR

Choice of Whole Grain Cereal, Choice of 4 oz. Juice, ½ cup Fruit choice or 1 cup Fruit & Milk Choice

THURSDAY, MAY 18, 2017

SCHOOL DISMISSED FOR SUMMER BREAK
STUDENTS RETURN FRIDAY, MAY 19, 2017 FOR REPORT CARDS
10:30 A.M - 11:00 A.M.



BREAKFAST MEAL PATTERN

MUST OFFER 4 COMPONENTS PER DAY

EACH CUSTOMER MUST CHOOSE AT THE MINIMUM ½ CUP OF FRUIT/VEGETABLE OR JUICE.

GRAINS (1 oz. daily minimum) ELEMENTARY SCHOOL - 7-10 oz. equivalent week
JUNIOR HIGH SCHOOL - 8-10 oz. equivalent week

MEAT/MEAT ALTERNATE (NONE REQUIRED, BUT MAY SUBSTITUTE 1 oz. GRAIN EQUIVALENT OF MEAT/MEAT ALTERNATE FOR A 1 oz. GRAIN AFTER MINIMUM DAILY GRAIN IS MET.
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FRUIT/FRUIT JUICE/VEGETABLES (1 Cup Daily) 5 weekly

FLUID MILK (1 Cup Daily) 5 weekly

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