

CHESTER COUNTY HIGH SCHOOL

Fresh Fruit Choices offered Daily, ½ cup of Canned Fruit & 4 oz. 100% Fruit Juice Choice offered Daily at Breakfast

Customers MAY choose AT NO EXTRA COST ½ cup of fruit daily with their 4 oz. Juice Choice

MONDAY, APRIL 24, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice **OR**

Yogurt Parfait, 4 oz. Juice Choice and Milk **Or**

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

TUESDAY, APRIL 25, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice **Or**

Yogurt Parfait, 4 oz. Juice Choice and Milk **Or**

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk,

WEDNESDAY, APRIL 26, 2017

BREAKFAST

Sausage & Biscuit/Gravy, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice **OR**

Yogurt Parfait, 4 oz. Juice Choice and Milk **Or**

Whole Grain Cereal Choice, Poptart, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

THURSDAY, APRIL 27, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice

Yogurt Parfait, 4 oz. Juice Choice and Milk **Or**

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

FRIDAY, APRIL 28, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice **OR**

Yogurt Parfait, 4 oz. Juice Choice and Milk

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

BREAKFAST MEAL PATTERN

MUST OFFER 4 COMPONENTS PER DAY

GRAINS (1 oz. daily minimum) 9-10 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/VEGETABLES (1 Cup Daily) 5 weekly

FLUID MILK (1 Cup Daily) 5 weekly

"This institution is an equal opportunity provider"

CHESTER COUNTY HIGH SCHOOL

Fresh Fruit Choices offered Daily, ½ cup of Canned Fruit & 4 oz. 100% Fruit Juice Choice offered Daily at Breakfast

Customers MAY choose AT NO EXTRA COST ½ cup of fruit daily with their 4 oz. Juice Choice

MONDAY, MAY 1, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice Or

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

TUESDAY, MAY 2, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice OR

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

WEDNESDAY, MAY 3, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice OR

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, Toast/Jelly, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

THURSDAY, MAY 4, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice Or

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

FRIDAY, MAY 5, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice Or

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

BREAKFAST MEAL PATTERN

MUST OFFER 4 COMPONENTS PER DAY

GRAINS (1 oz. daily minimum) 9-10 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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FLUID MILK (1 Cup Daily) 5 weekly

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MONDAY, MAY 8, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice Or

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

TUESDAY, MAY 9, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice Or

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

WEDNESDAY, MAY 10, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice OR

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

THURSDAY, MAY 11, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice Or

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

FRIDAY, MAY 12, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice Or

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

BREAKFAST MEAL PATTERN

MUST OFFER 4 COMPONENTS PER DAY

GRAINS (1 oz. daily minimum) 9-10 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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FLUID MILK (1 Cup Daily) 5 weekly

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MONDAY, MAY 15, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice Or

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

TUESDAY, MAY 16, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice Or

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

WEDNESDAY, MAY 17, 2017

BREAKFAST

MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice or Milk Choice Or

Yogurt Parfait, 4 oz. Juice Choice and Milk Or

Whole Grain Cereal Choice, MANAGER'S CHOICE, ½ Cup Fruit, 4 oz. Juice Choice, Milk Choice

THURSDAY, MAY 18, 2017

SCHOOL DISMISSED FOR THE SUMMER
STUDENTS RETURN MAY 19, 2017 FOR REPORT CARDS

10:30 A.M. – 11:00 A.M.



Summer Vacation

BREAKFAST MEAL PATTERN

MUST OFFER 4 COMPONENTS PER DAY

GRAINS (1 oz. daily minimum) 9-10 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/VEGETABLES (1 Cup Daily) 5 weekly

FLUID MILK (1 Cup Daily) 5 weekly

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