



# BRADFORD AREA SCHOOL DISTRICT BREAKFAST MENU FEBRUARY 2010



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 <u>Peanut Butter and Jelly Sandwich</u>  <u>Chilled Juice</u>	2 <u>Waffle w/Syrup</u>  <u>Chilled Peaches</u>	3 <u>Scrambled Eggs</u>  <u>Sausage</u>	4 <u>Rice Krispy Treat</u>  <u>Banana</u>	5 <u>Pancake w/Syrup</u>  <u>Chilled Juice</u>
8 <u>Bagel w/Jelly</u>  <u>Mandarin Oranges</u>	9 <u>Scrambled Eggs w/Ham &amp; Cheese</u>  <u>Toast</u>	10 <u>Cinnamon Roll</u>  <u>Chilled Juice</u>	11 <u>French Toast Sticks w/Syrup</u>  <u>Chilled Applesauce</u>	12  <b>No School</b>
15  <b>No School</b>	16 <u>Rice Krispy Treat</u>  <u>Fresh Orange</u>	17 <u>English Muffin with Jelly</u>  <u>Chilled Juice</u>	18 <u>Waffle with Syrup</u>  <u>Peaches</u>	19 <u>Scrambled Eggs w/Ham &amp; Cheese</u>  <u>Toast</u>
22 <u>Pancake w/Syrup</u>  <u>Mandarin Oranges</u>	23 <u>English Muffin with Jelly</u>  <u>Chilled Juice</u>	24 <u>French Toast Sticks w/Syrup</u>  <u>Chilled Applesauce</u>	25 <u>English Muffin W/Egg &amp; Cheese</u>  <u>Chilled Juice</u>	26 <u>Cinnamon Roll</u>  <u>Chilled Juice</u>
PLEASE NOTE: If you currently receive free or reduced-price lunches, you are entitled to free or reduced-price breakfasts also.		Breakfast is served every morning before school.		Breakfast is a BARGAIN!!  Please join us!!

### BREAKFAST PRICES

PAID \$0.70  
REDUCED \$0.30  
ADULT \$1.30

Please Choose 3 or 4 Items for the school breakfast price!

Daily items also include cereal and milk.

Choice of Milk:  
1%, Low Fat Chocolate or Skim

MENU SUBJECT TO CHANGE!

THIS MONTH COMMISSIONER NUTRITION INVESTIGATES—  
"Healthy Hearts"



Fruit  
Choices May Include:  
Apple, Orange, Banana, Dried Fruit, Fruit Juice, Fruit Cobbler, Seedless Watermelon, Applesauce, Canned Fruit

### Cereal choices may include:

Cheerios  
Corn Flakes  
Golden Grahams  
Honey Nut Cheerios  
Kix  
Reduced Sugar Cinnamon-Toast Crunch  
Total  
Total Raisin Bran  
Trix Reduced Sugar  
Wheaties

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