

Nov-Dec 2022



Ellwood City K 12 Breakfast Menu



**What is a Meal?**

You must choose the following components for a qualified breakfast.

- ★ Minimum of 1/2 cup serving of fruit must accompany a reimbursable breakfast.
- ★ Minimum of 2 grains or 1 grain and 1 meat or meat alternate
- ★ Choice of Milk - 1% white and chocolate

**Featured Fruit May Include:**

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, Mandarin Oranges, 100% fruit juices, And More!!

**ELEMENTARY DAILY ALTERNATES**

Choice of Assorted Cereals and Toast, Yogurt with Cheese Stick and Grahams.

**HIGH SCHOOL DAILY ALTERNATES**

Cereal and Toast, Benefit Bar, Cinnamon Roll, Breakfast Pizza, Mini Donuts and More!

**Breakfast Prices:**

Student: Free  
Reduced: Free  
Adult: \$2.35

**General Manager:**

**Phone Number:**  
724-752-1591 Ext. 3020  
**Email:**  
metz@ecasd.k12.org

**USDA IS AN EQUAL OPPORTUNITY EMPLOYER**

**ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY**

Monday 11/14/22	Tuesday 11/15/22	Wednesday 11/16/22	Thursday 11/17/22	Friday 11/18/22
<b>Entrée</b> Assorted Breakfast Muffins	<b>Entrée</b> Funnel Cake (Pre K Cereal)	<b>Entrée</b> Breakfast Pizza	<b>Entrée</b> Ham, Egg and Cheese Croissant	<b>Entrée</b> Homemade Frosted Donut (Pre K Cereal)
<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice
Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits
Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
11/21/22	11/22/22	11/23/22	11/24/22	11/25/22
<b>Entrée</b> Pancake Wrap	<b>Entrée</b> Sausage, Egg and Cheese on a English Muffin	<b>Entrée</b> Thanksgiving Break		<b>Entrée</b> No School
<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice			
Assorted Fruits	Assorted Fruits			
Assorted Canned Fruit	Assorted Canned Fruit			
Choice of Milk	Choice of Milk			
11/28/22	11/29/22	11/30/22	12/01/22	12/02/22
<b>No School</b> 	<b>Entrée</b> Mini Eggo Waffles	<b>Entrée</b> Pancakes and Sausage	<b>Entrée</b> Sliced Banana Bread	<b>Entrée</b> Homemade Frosted Donut (Pre K Cereal)
	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice
	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits
	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
12/05/22	12/06/22	12/07/22	12/08/22	12/09/22
<b>Entrée</b> Belgian Waffle	<b>Entrée</b> Egg and Cheese on a Muffin	<b>Entrée</b> Breakfast Pizza	<b>Entrée</b> Mini Cinni Rolls (Pre K Cereal)	<b>Entrée</b> Homemade Frosted Donut (Pre K Cereal)
<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice
Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits
Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
12/12/22	12/13/22	12/14/22	12/15/22	12/16/22
<b>Entrée</b> French Toast Sticks with Sausage Links	<b>Entrée</b> Egg and Cheese Croissant	<b>Entrée</b> Soft Bagel with Strawberry Filling (Pre K Breakfast Pizza)	<b>Entrée</b> Funnel Cake	<b>Entrée</b> Homemade Frosted Donut (Pre K Cereal)
<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice
Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits
Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
12/19/22	12/20/22	12/21/22	12/22/22	12/23/22
<b>Entrée</b> Pancakes with Sausage	<b>Entrée</b> Bacon, Egg and Cheese on a Croissant	<b>Entrée</b> Breakfast Pizza	<b>Entrée</b> Sliced Blueberry Bread	<b>Entrée</b> Holiday Break
<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	<b>Featured Selections</b> Assorted 100% Fruit Juice	
Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits	
Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	