

October-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@ecasdk12.org

USDA IS AN EQUAL OPPORTUNITY EMPLOYER

ALL MENU ITEMS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY

Monday	Tuesday	Wednesday	Thursday	Friday
10/03/22	10/04/22	10/05/22	10/06/22	10/07/22
Entrée	Entrée	Entrée	Entrée	Entrée
Assorted Breakfast Muffins	Funnel Cake (Pre K Cereal)	Breakfast Pizza	Ham, Egg and Cheese Croissant	Homemade Frosted Donut (Pre K Cereal)
Featured Selections	Featured Selections	Featured Selections	Featured Selections	Featured Selections
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	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
10/10/22	10/11/22	10/12/22	10/13/22	10/14/22
Entrée	Entrée	Entrée	Entrée	Entrée
NO SCHOOL Columbus Day	Sausage, Egg and Cheese on a English Muffin	Apple Frudel	French Toast Sticks w Sausage Links	Breakfast Mini Donuts (Pre k Cereal)
	Featured Selections	Featured Selections	Featured Selections	Featured Selections
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	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
10/17/22	10/18/22	10/19/22	10/20/22	10/21/22
Entrée	Entrée	Entrée	Entrée	Entrée
Mini Eggo Waffles	Bacon, Egg and Cheese on a WG Croissant	Pancakes and Sausage	Sliced Banana Bread	Homemade Frosted Donut (Pre K Cereal)
Featured Selections	Featured Selections	Featured Selections	Featured Selections	Featured Selections
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	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
10/24/22	10/25/22	10/26/22	10/27/22	10/28/22
Entrée	Entrée	Entrée	Entrée	Entrée
Belgian Waffle	Egg and Cheese on a WG Muffin	Breakfast Pizza	Mini Cinni Rolls (Pre K Cereal)	Homemade Frosted Donut (Pre K Cereal)
Featured Selections	Featured Selections	Featured Selections	Featured Selections	Featured Selections
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	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
10/31/22	11/01/22	11/02/22	11/03/22	11/04/22
Entrée	Entrée	Entrée	Entrée	Entrée
French Toast Sticks with Sausage Links	Egg and Cheese WG Croissant	Soft Bagel with Strawberry Filling (Pre K Breakfast Pizza)	Bacon, Egg and Cheese on a WG English Muffin	Homemade Frosted Donut (Pre K Cereal)
Featured Selections	Featured Selections	Featured Selections	Featured Selections	Featured Selections
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	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
11/07/22	11/08/22	11/09/22	11/10/22	11/11/22
Entrée	Entrée	Entrée	Entrée	Entrée
Pancakes with Sausage	Bacon, Egg and Cheese on a WG Croissant	Breakfast Pizza	Sliced Blueberry Bread	Homemade Frosted Donut (Pre K Cereal)
Featured Selections	Featured Selections	Featured Selections	Featured Selections	Featured Selections
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	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