DASD Breakfast **April 2024**



DuBois Area School District



What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein Choice of fruit or vegetable (must take at least a 1/2 cup) and

Choice of Milk - 1% white and fat-free chocolate

You must take at least 1/2 cup of fruit or Fruit Juice

Daily Fruit Selections May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

> **GET A GREAT START TO YOUR DAY!** HAVE BREAKFAST WITH A FRIEND.

Other Options may include:

Benefit bars, french toast sitcks, mini pancakes, waffles Warm Bagel w/cream cheese Pancake & Sausage on a stick or Assorted Cereal Bars

> **ALL STUDENTS MAY HAVE** 1 FREE BREAKFAST A DAY



Breakfast Prices Student 1st Breakfast free

Adult Breakfast: \$2.10

Tom Koscienski - General Manager 814.371.1016

ma1073@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday

Looking for a Job? Scan here



Egg, Sausage & Cheese

on a Crossiant

Donuts, PBJ Uncrustable

Yogurt Parfait

CHOICE OF FRUIT

OR

FRUIT JUICE

CHOICE OF MILK

Tuesday

Egg, Sausage & Cheese on a Crossiant OR Donuts. PBJ Uncrustable

Yogurt Parfait **CHOICE OF FRUIT** OR

FRUIT JUICE **CHOICE OF MILK**

Egg, Sausage & Cheese

on a Crossiant

OR

Donuts, PBJ Uncrustable

Yogurt Parfait

CHOICE OF FRUIT

OR

FRUIT JUICE

CHOICE OF MILK

Wednesday

Egg, Sausage & Cheese on a Crossiant OR Donuts. PBJ Uncrustable Yogurt Parfait

> **CHOICE OF FRUIT** OR FRUIT JUICE CHOICE OF MILK

Thursday

Egg, Sausage & Cheese on a Crossiant OR Donuts. PBJ Uncrustable Yogurt Parfait **CHOICE OF FRUIT** OR FRUIT JUICE **CHOICE OF MILK**

Friday

Egg, Sausage & Cheese on a Crossiant OR Donuts. PBJ Uncrustable Yogurt Parfait **CHOICE OF FRUIT** OR

> FRUIT JUICE **CHOICE OF MILK**

10 Egg, Sausage & Cheese on a Crossiant OR

Donuts, PBJ Uncrustable Yogurt Parfait **CHOICE OF FRUIT** OR

> **FRUIT JUICE** CHOICE OF MILK

11

Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable Yogurt Parfait

> CHOICE OF FRUIT OR **FRUIT JUICE CHOICE OF MILK**

12

Egg, Sausage & Cheese on a Crossiant Donuts, PBJ Uncrustable

Yogurt Parfait **CHOICE OF FRUIT**

> OR FRUIT JUICE **CHOICE OF MILK**

15

Egg, Sausage & Cheese on a Crossiant

Donuts, PBJ Uncrustable Yogurt Parfait

CHOICE OF FRUIT OR

FRUIT JUICE **CHOICE OF MILK** 16

Egg, Sausage & Cheese on a Crossiant OR Donuts, PBJ Uncrustable

Yogurt Parfait **CHOICE OF FRUIT**

OR FRUIT JUICE **CHOICE OF MILK**

17 Egg, Sausage & Cheese

on a Crossiant OR Donuts, PBJ Uncrustable

Yogurt Parfait **CHOICE OF FRUIT**

OR **FRUIT JUICE** CHOICE OF MILK

18 Egg, Sausage & Cheese

on a Crossiant OR Donuts, PBJ Uncrustable

Yogurt Parfait **CHOICE OF FRUIT**

> OR FRUIT JUICE **CHOICE OF MILK**

Egg, Sausage & Cheese on a Crossiant OR

Donuts, PBJ Uncrustable Yogurt Parfait

CHOICE OF FRUIT OR

FRUIT JUICE **CHOICE OF MILK**

22 Egg, Sausage & Cheese on a Crossiant

Donuts, PBJ Uncrustable Yogurt Parfait **CHOICE OF FRUIT**

> OR FRUIT JUICE CHOICE OF MILK

23

Egg, Sausage & Cheese on a Crossiant OR

Donuts, PBJ Uncrustable Yogurt Parfait **CHOICE OF FRUIT**

> OR FRUIT JUICE **CHOICE OF MILK**

24

Egg, Sausage & Cheese on a Crossiant OR

Donuts, PBJ Uncrustable Yogurt Parfait **CHOICE OF FRUIT**

OR FRUIT JUICE CHOICE OF MILK 25

Egg, Sausage & Cheese on a Crossiant OR

Donuts, PBJ Uncrustable Yogurt Parfait

CHOICE OF FRUIT OR

FRUIT JUICE **CHOICE OF MILK**

Egg, Sausage & Cheese on a Crossiant

Donuts, PBJ Uncrustable

Yogurt Parfait

CHOICE OF FRUIT

OR FRUIT JUICE

CHOICE OF MILK

Egg, Sausage & Cheese on a Crossiant

OR Donuts. PBJ Uncrustable

> Yogurt Parfait **CHOICE OF FRUIT** OR

FRUIT JUICE **CHOICE OF MILK**

Egg. Sausage & Cheese on a Crossiant OR

Donuts. PBJ Uncrustable Yogurt Parfait **CHOICE OF FRUIT**

> OR FRUIT JUICE **CHOICE OF MILK**

Egg. Sausage & Cheese on a Crossiant

OR

Donuts. PBJ Uncrustable Yogurt Parfait **CHOICE OF FRUIT**

> OR **FRUIT JUICE CHOICE OF MILK**

Egg. Sausage & Cheese on a Crossiant

OR Donuts. PBJ Uncrustable

> Yogurt Parfait **CHOICE OF FRUIT**

OR **FRUIT JUICE CHOICE OF MILK**

Egg. Sausage & Cheese on a Crossiant

OR

Donuts. PBJ Uncrustable Yogurt Parfait

> **CHOICE OF FRUIT** OR

FRUIT JUICE **CHOICE OF MILK**