



# GREATER JOHNSTOWN BREAKFAST MENU

## January 2012

**FOR A BLANCED BREAKFAST**  
USE THIS GUIDE TO MAKE YOUR DAILY SELECTIONS

**ENTRÉE:**  
CHOOSE 1

**MILK:**  
CHOOSE 1

**FRUIT OR JUICE**  
(THIS INCLUDES ASSORTED JUICE CUPS, FRESH FRUIT, ASSORTED FRUITS)  
CHOOSE 1

**TOAST:**  
CHOOSE 1

*Menu Subject to Change*



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2 <b>No School</b>	1/3 WAFFLES WITH SYRUP OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/4 BREAKFAST PIZZA OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/5 BAGEL OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/6 TRIX YOGURT OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK
1/9 ENGLISH MUFFIN OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/10 SCRAMBLED EGGS & SAUSAGE OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/11 BREAKFAST PIZZA OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/12 FRUIT MUFFIN WITH TOAST OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/13 PANCAKES w/SYRUP OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK
1/16 <b>No School</b>	1/17 <b>No School</b>	1/18 BREAKFAST PIZZA OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/19 BAGEL WITH PEANUTBUTTER OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/20 BAGEL OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK
1/23 TRIX YOGURT OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/24 FRUITED MUFFIN WITH TOAST OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/25 BREAKFAST PIZZA OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/26 CINNAMON ROLL w/TOAST OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE	1/27 ENGLISH MUFFIN OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE
1/30 FRUIT MUFFIN OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK	1/31 EGG & CHEESE BISCUIT OR ASSORTED CEREAL w/ TOAST 1/2 C. 100% FRUIT JUICE OR 1/2 C. FRUIT CHOICE 8 oz. 1% MILK			

