



BREAKFAST @SCHOOL

For first-class learning!

Allegheny County High School Menu

Featuring
Healthy Fruits
& Grains!

BREAKFAST MENU FOR OCTOBER 2019

This institution is an equal opportunity provider. Menu is subject to change.

Breakfast Bites!



Want to eat less throughout the day? Then you should be sure to **eat Breakfast Every Day!** Studies show that eating breakfast decreases hunger cravings all day long, especially if you eat a **high-fiber, nutrient-rich breakfast early in the morning!**

Tuesday, October 1	Wed., October 2	Thursday, October 3	Friday, October 4
Fruit Muffin	Cinnamon Roll	Frudel	Pancake on Stick
100% Juice	100% Juice	100% Juice	100% Juice
Fresh Fruit or Peaches	Fresh Fruit or Pineapple	Fresh Fruit or Mandarin Oranges	Fresh Fruit or Fruit Cocktail
Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk

First things First

Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a **Complete Breakfast!**

BREAKFAST@SCHOOL
For first-class learning!

Monday, October 7

Parent/Teacher Conferences

No School Today!

Tuesday, October 8
Pop Tart and Graham Crackers
100% Juice
Fresh Fruit or Pears
Fat Free or 1% Milk

Wed., October 9
Coffee Cake
100% Juice
Fresh Fruit or Peaches
Fat Free or 1% Milk

Thursday, October 10
Breakfast Pizza
100% Juice
Fresh Fruit or Pineapple
Fat Free or 1% Milk

Friday, October 11
Pancake on Stick
100% Juice
Fresh Fruit or Mandarin Oranges
Fat Free or 1% Milk

First things First

To make a breakfast, choose at least one



and at least three items total

**ALLEGANY COUNTY
FOOD AND NUTRITION SERVICES**

Monday, October 14	Tuesday, October 15	Wed., October 16	Thursday, October 17	Friday, October 18
Bagel with Spreads	Fruit Muffin	Cinnamon Roll	Frudel	Pancake on Stick
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
Fresh Fruit or Fruit Cocktail	Fresh Fruit or Pears	Fresh Fruit or Applesauce	Fresh Fruit or Peaches	Fresh Fruit or Pineapple
Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk

Monday, October 21	Tuesday, October 22	Wed., October 23	Thursday, October 24	Friday, October 25
Pop Tart and Graham Crackers	Cereal and Toast	Coffee Cake	Breakfast Pizza	Pancake on Stick
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
Fresh Fruit or Peaches	Fresh Fruit or Fruit Cocktail	Fresh Fruit or Mandarin Oranges	Fresh Fruit or Pineapple	Fresh Fruit or Applesauce
Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk

TAKE A HIKE?

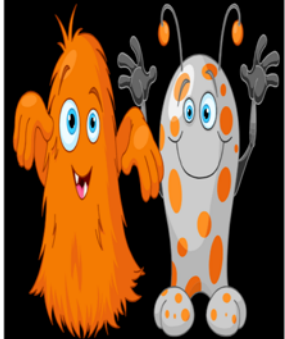
Lots of kids (and adults!) are probably feeling a candy binge coming on this month. OK. But for every 2 little "fun size" candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, October 28	Tuesday, October 29	Wed., October 30	Thursday, October 31
Bagel with Spreads	Fruit Muffin	Cinnamon Roll	Frudel
100% Juice	100% Juice	100% Juice	100% Juice
Fresh Fruit or Pears	Fresh Fruit or Peaches	Fresh Fruit or Pineapple	Fresh Fruit or Mandarin Oranges
Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk

YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!



STAY ALERT & BE SAFE!