



BREAKFAST TIME

Shenango High Cafeteria

Free Breakfast and Lunch Available to All Students when School is in Session

MONDAY – FRIDAY

7:30 a.m. – 7:50 a.m.

CREATE YOUR OWN COMBO

Continental Breakfast Combo

Breakfast Grains: You must select at least 1 portion from this area. However, you may select up to 2 portions.

Juice or Fruit: You must select at least 1 portion from this area. However, you may select to 2, but only 1 can be a juice.

Milk: You may choose 1 milk -Fat-Free White, Fat-Free Strawberry, Fat-Free Vanilla, or Fat-Free Chocolate

Whole Grains that Count as 1 Portion

Cereal	Muffin
Mini Loaf	Pop Tart
Rice Crispy Treat	Cereal Bar
Granola Bar	
Doughnut	

Whole Grains that Count as 2 Portions

Mini Donuts
Apple Frudel
Cinnaminis
Mini Pancakes,
Waffles & French Toast
Cherry Frudel
Breakfast Pizza
Cinnamon Roll
Mini Bagels

What is a Meal: You must choose at least 3 of the 4 components available for a complete school breakfast. Choice of whole grain or grain/protein; choice of fruit or vegetable (must take at least a ½ cup) and choice of milk.

Whole Grain Cereal Selection May Include: Reduced-Sugar Cinnamon Toast Crunch, Reduced-Sugar Trix, Reduced-Sugar Cocoa Puffs, Reduced-Sugar Froot Loops, Cheerios, Rice Chex, Cinnamon Chex, or Rice Krispies

Whole Grain Pastries May Include: Assorted Muffins & Mini Loaves, Cinna Minis, Apple Frudel, Cherry Frudel, Mini Pancakes, Waffles & French Toast Cinnamon Bites,

Fruit May Include: Canned peaches, applesauce, pears, pineapple, fruit cocktail, Mandarin oranges, 100% juice (apple, orange, berry), apples, bananas, and oranges

