

**BREAKFAST**

**OCTOBER 2022**  
Portage Area High School

Offered Daily:  
Benefit Bar, Chocolate Chip Crumb Cake  
Mini Strawberry Bagel, Strawberry Poptart

**MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>Banana Bread Slice or Mini Chocolate Donut or Banana Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>4</b></p> <p>Banana Bread Slice or Mini Chocolate Donut or Banana Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>5</b></p> <p>Banana Bread Slice or Mini Chocolate Donut or Banana Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>6</b></p> <p>Banana Bread Slice or Mini Chocolate Donut or Banana Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>7</b></p> <p>Banana Bread Slice or Mini Chocolate Donut or Banana Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>
<p><b>10</b></p> <p><b>No School Teachers In-Service</b></p>	<p><b>11</b></p> <p>Pumpkin Bread Slice or Mini Powder Donut or Blueberry Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>12</b></p> <p>Pumpkin Bread Slice or Mini Powder Donut or Blueberry Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>13</b></p> <p>Pumpkin Bread Slice or Mini Powder Donut or Blueberry Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>14</b></p> <p>Pumpkin Bread Slice or Mini Powder Donut or Blueberry Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>
<p><b>17</b></p> <p>Banana Bread Slice or Mini Chocolate Donut or Banana Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>18</b></p> <p>Banana Bread Slice or Mini Chocolate Donut or Banana Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>19</b></p> <p>Banana Bread Slice or Mini Chocolate Donut or Banana Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>20</b></p> <p>Banana Bread Slice or Mini Chocolate Donut or Banana Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>21</b></p> <p>Banana Bread Slice or Mini Chocolate Donut or Banana Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>
<p><b>24</b></p> <p>Pumpkin Bread Slice or Mini Powder Donut or Blueberry Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>25</b></p> <p>Pumpkin Bread Slice or Mini Powder Donut or Blueberry Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>26</b></p> <p>Pumpkin Bread Slice or Mini Powder Donut or Blueberry Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>27</b></p> <p>Pumpkin Bread Slice or Mini Powder Donut or Blueberry Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>	<p><b>28</b></p> <p>Pumpkin Bread Slice or Mini Powder Donut or Blueberry Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>
<p><b>31</b></p> <p>Banana Bread Slice or Mini Chocolate Donut or Banana Muffin Assortment of Fruits 100% Apple or Orange Juice Choice of Milk</p>				

What is CEP and what does it mean for me?

- CEP stands for Community Eligibility Provision.
- Under CEP, all students in Portage Area School District are eligible to receive (1) breakfast and (1) lunch at no cost.

The 5 food groups to a school breakfast are:

- Meat/Meat Alternative
- Grain
- Fruit
- Vegetable
- Milk

Choice at least 3 food groups.  
Take at least 1/2 cup fruit and/or vegetable



Meal Prices  
2<sup>nd</sup> Breakfast - \$2.00    Adult Breakfast - \$3.00  
Milk (2<sup>nd</sup>) - \$.50  
Bottled Water (Large) - \$.50  
Bottled Water (Small) - \$.30

**A copy of the menu with the nutritional and allergy information is available at:**  
<https://www.schoolcafe.com/PortageASD>